



Winter Session Schedule

Testing	5 - 7pm	Full On Fitness
Nutrition Workshop	4:30 - 6pm	TBA
Mental Training Workshop	TBA	TBA
Gymnastics	6:30 - 8pm	Nanaimo Gymnastics School
Athletics	4:30 - 6pm	TBA
Strength & Conditioning	5 - 6pm	Full On Fitness

January 2012.						
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February 2012.						
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27	28	29				
March 2012.						
M	T	W	T	F	S	S
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