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| |  | | --- | |  | | **SPEED & AGILITY**  **CORE STRENGTHENING PROGRAM** | |

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| |  | | --- | | 4 WEEK PROGRESSIVE PROGRAM   2 CLASSES PER WEEK  CLASSES: TUESDAY 6-7 or 7-8                   FRIDAY 5-6 OR 6-7 |  |  | | --- | | Session 1          10/14-11/7 Session 2          11/11-12/5 Session 3          12/9-1/2 Session 4          1/6-1/30 Session 5          2/3-2/27 Session 6          3/3-3/27 | |