



SEAWOLF STRENGTH TRAINING

COST: \$320 PER WEEK

MONDAY, TUESDAY, THURSDAY, FRIDAY

Week 1: June 23 - 27

Week 2: June 30 -
July 27

Week 3: July 7 - 11

Week 4: July 14 - 18

Week 5: July 21 - 25

Week 6: July 28 -
August 1



Please contact Flynt
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for more information!

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Space is limited!



REGISTRATION OPEN!

