



Performance Blocks (ages 13-18+)

Monday / Wednesdays 6:30pm-7:30pm

Performance Blocks Pricing

3 packages / months - \$75 per/package
- 8 instructional days per month

Performance Blocks + CrossFit (ages 13-18+)

3 packages / months - \$115 per/package
- 8 instructional day pass for Performance / 30 instructional day pass for CrossFit

Family, Team & Group pricing available upon request