



TNT Academy is home to the top athletic performance consultants that specialize in weight training and speed skills for all sports. TNT will take any athlete from their game to the next level. Join us to expand your game with speed, agility, and training that will get them ready to perform.

DATE: JUNE 12 – AUGUST 9

(Monday, Wednesday & Friday)

COST: \$135 & \$50 (Scholarship)

LOCATION: IRONDALE WEIGHT ROOM

REGISTER: [ONLINE HERE](#)

TIME & GROUPS:

7:30-9:00am – Grade 11 & 12 Male Athletes

9:00-10:30am – Grade 9 & 10 Males Athletes & Female Athletes

10:30am-12:00pm – Middle School Athletes