

DTS Fitness Education

SPRING 2023 SCHEDULE

DTS Level 1

DATE	LOCATION
March 7-9	Thornhill
May 2-4	Calgary
May 5 - Jun 9	Virtual
Jul 18-20	Thornhill

Barbell Strength

DATE	LOCATION
Jan 20-22	Toronto
May 9-11	Ottawa
Jul 11-13	Toronto

Striking Fundamentals

DATE	LOCATION
Feb 23	Mississauga

Kettlebell Coach

DATE	LOCATION
Apr 14	Toronto