

August 23, 2011

Written by Andrea
Monday, 22 August 2011 20:15 -



"Warrick"

Advanced

15-12-9-6-3

Wall ball #14

Step ups

August 23, 2011

Written by Andrea
Monday, 22 August 2011 20:15 -

Intermediate

15-12-9-6

Wall ball #10

Step ups

Beginner

15-12-9

Wall ball #6

Step ups