

YOUTH PROGRAMS at VALEO PERFORMANCE LAB

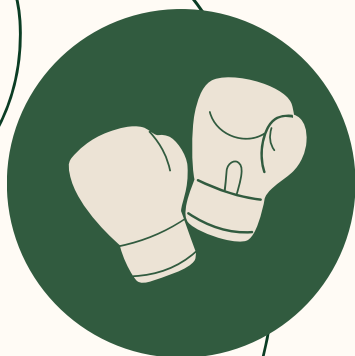
📍 315 Brock Rd, Dundas On, Unit 4



Jiu-Jitsu

Monday, Wednesday & Thursday 5:15pm - 6:15pm
Saturday 9:00am - 9:50am

Build confidence, coordination, and discipline through engaging drills and games. The Martial Art of Jiu-Jitsu teaches grappling, smart techniques, and self-defense in a safe and engaging environment.



Kickboxing

Tuesday & Friday 6:00pm - 6:45pm

This class blends movement, skill-building, and excitement, helping young athletes improve coordination, focus, and confidence. Through interactive drills and engaging workouts, kids learn the basics of striking in a safe and supportive setting!



Kids Strong

Tuesday & Friday 5:00pm - 5:50pm

Learn the basics of resistance training through engaging workouts, fitness games, and drills using body weight and resistance bands. This class builds strength, coordination, and proper resistance training technique in a fun, supportive environment!

CONTACT US

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Please see website for more information and pricing