GREY POINT

PREPARE • ADAPT • PERFORM

FOUNDING COHORT / JANUARY 2027

GREY POINT 90

DISCIPLINE / PERFORMANCE / READINESS

A guided 90-day cohort built to train the body, build the standard and develop the ability to perform when conditions stop being ideal.

KICKOFF	TRAINING	CAPACITY	CORE
02 JAN 2027	04 JAN - 03 APR	30 TOTAL	FROM $349 CAD

TRAIN THE BODY. BUILD THE STANDARD. PERFORM UNDER PRESSURE.

01 / THE CURRICULUM

WHAT YOU WILL LEARN.

Six practical domains. Every class teaches a subject and ends with an action to apply.

01 PHYSICAL TRAINING

Strength, conditioning, work capacity, mobility and 90-day progression.

02 DISCIPLINE & MINDSET

Build personal standards, control the internal negotiation and execute without motivation.

03 NUTRITION & RECOVERY

Learn practical fuel, macros, hydration, sleep and fatigue management.

04 LEADERSHIP

Develop responsibility, accountability, communication and self-leadership.

05 STRESS & DISCOMFORT

Respond with intent under pressure, friction and difficult conditions.

06 HABITS & GOALS

Build repeatable systems that turn goals into consistent weekly actions.

THE DIFFERENCE

This is not only a fitness plan. It is a 90-day learning and execution system.

02 / THE EXPERIENCE

HOW THE 90 DAYS WORK.

Guided instruction - not meetings. Every class gives you a subject, a tool and an action to execute.

WEEKLY	BIWEEKLY	WEEKLY
VIDEO CLASS + PDF	LIVE GROUP CLASS	SHORT CHECK-IN

01 WEEKLY CLASS

Face-to-camera lesson, downloadable PDF brief and one clear action to apply.

02 PHYSICAL EXECUTION

Follow the Methodology, train at your level and use the Discipline Tracker.

03 WEEKLY CHECK-IN

Submit a short form covering training, energy, sleep, discomfort and execution.

04 LIVE GROUP CLASS

Coaching, Q&A and subject instruction every second Sunday.

14 DAYS BEFORE KICKOFF / ONBOARDING EMAIL

You receive every ebook, the program calendar, Signal access, class links, required forms, equipment checklist and kickoff instructions.

DIGITAL / ENGLISH / PDFS PERMANENT / REPLAYS AVAILABLE FOR 90 DAYS

03 / CHOOSE YOUR ACCESS

TWO LEVELS. ONE STANDARD.

Both options follow the complete 90-day system. PRIVATE adds individualized coaching and program adjustments.

25 PLACES

CORE

$349 CAD

FOUNDING PRICE / ONE PAYMENT

- Complete 90-day program
- All ebooks and permanent PDFs
- Weekly video classes
- Live group class every 2 weeks
- Short weekly check-in
- Private Signal cohort

5 PLACES

PRIVATE

$999 CAD

INDIVIDUAL SUPPORT / ONE PAYMENT

- Everything included in CORE
- Private onboarding session
- Coaching at Days 30, 60 and 90
- Program adjustments every 2 weeks
- Biweekly movement video review
- Coach response within 2 business days

FOUNDING COHORT / 30 TOTAL PLACES

KICKOFF / 02 JAN 2027

Training begins 04 January. All levels. Full gym required; pool optional.

ENROLL NOW / GREY-POINT.CA

Non-refundable. One future-cohort transfer may be available under program terms.

04 / YOUR INSTRUCTORS

MEET YOUR INSTRUCTORS.

For GP90, Dunny and Johnny will lead the cohort's instruction, coaching and accountability.



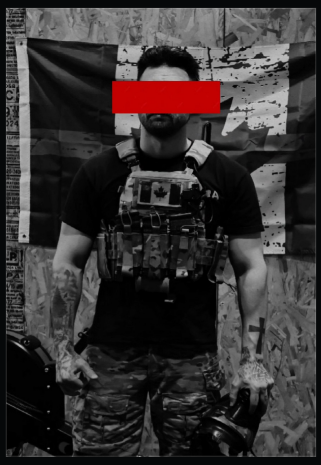


DUNNY

LEAD PERFORMANCE COACH

Dunny served 10 years in the Canadian Armed Forces as a PPCLI infantryman, including service with CMERT in trauma medicine and helicopter evacuation. He later worked in close protection with the U.S. State Department's Diplomatic Security Service. Today, he coaches military, law enforcement, first responders and driven civilians to build fitness that performs in the real world.





JOHNNY

FOUNDER & PROGRAM LEAD

Johnny served 10 years in the Canadian Armed Forces and founded Grey Point in 2022. In 2023, he travelled to Ukraine to contribute to the war effort. He now works primarily within the law-enforcement industry, focusing on training, discipline, mindset and operational performance.

THE WIDER GREY POINT TEAM

GP90 IS LED BY DUNNY AND JOHNNY.

Grey Point is also supported by a wider instructional staff with professional backgrounds in tactical medicine, special operations and additional operational fields.