

# AthleticAcademy.ca

Beginning January 3rd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
630							
7am							
7:30am							Closed
8am							
9am						<b>Bootcamp</b> Coach Adrian 9am-10am	<b>Endurance</b> Coach Suzanna 9:30-10:30am
		<b>Masters</b> Coach Trevin 10am-11am		<b>Masters</b> Coach Trevin 10am-11am		<b>All out</b> Coach Eric 10:15am-11:15am	
10am							
11am							
12pm	<b>Bootcamp</b> Coach Adrian 12pm-12:45pm		<b>Bootcamp</b> Coach Adrian 12pm-12:45pm		<b>Bootcamp</b> Coach Adrian 12pm-12:45pm	JR Athletix 8-12 12pm-1pm	Closed
1pm						<b>SpeedCamp</b>	Closed
3pm	<i>Gym opens 3pm</i>	<i>Gym opens 3pm</i>	<i>Gym opens 3pm</i>	<i>Gym opens 3pm</i>	<i>Gym opens 3pm</i>		
4pm	<b>Supervised Workout</b> 3pm-530pm	<b>Supervised Workout</b> 3pm-6pm	<b>Supervised Workout</b> 3pm-530pm	<b>Supervised Workout</b> 3pm-6pm	<b>Supervised</b> <b>Workout</b> with Suzana  3pm-7pm	<b>Athletix 13+</b> 1pm-2pm	Closed
5pm							<b>SpeedCamp</b>
530pm	<b>Bootcamp</b> Coach Adrian 5:30pm-6:30pm	<b>Rush</b> Coach Justin 5:30pm-6:30pm	<b>Bootcamp</b> Coach Adrian 5:30pm-6:30pm	<b>Rush</b> Coach Justin 5:30pm-6:30pm		<i>Gym Close 3pm</i>	Closed
6pm		JR Athletix 6-7pm		JR Athletix 6-7pm			Closed
6:30pm	<b>All out</b> Coach Eric 6:30pm-7:30pm	<b>Endurance</b> Coach Suzanna 6:30pm-7:30pm	<b>All out</b> Coach Eric 6:30pm-7:30pm	<b>Endurance</b> Coach Suzanna 6:30pm-7:30pm	<i>Gym Close 7pm</i>		
7:30pm							
8pm	<b>Athletix 13+</b> 7:30pm-9pm	<b>Athletix 13+</b> 7:30pm-8:30pm	<b>Athletix 13+</b> 7:30pm-9pm	<b>Athletix 13+</b> 7:30pm-8:30pm			
8:30Pm							
9Pm	<b>Supervised Workout</b>	<b>Speed Camp</b>	<b>Supervised Workout</b>	<b>SpeedCamp</b>			
	<i>Gym Close 9pm</i>	<i>Gym Close 9pm</i>	<i>Gym Close 9pm</i>	<i>Gym Close 9pm</i>			

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Last entry 30mins before closing