

# AthleticAcademy.ca

Beginning April 1st

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