

# AthleticAcademy.ca

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
630	<h2>By Appointment Only</h2> <h2>Par Rendez-Vous Seulment</h2>					<i>By Appointment Only</i>	<i>By Appointment Only</i>			
7am										
7:30am						<b>Bootcamp</b> Coach Adrian 9am-10am	<b>Endurance</b> Coach Suzanna 9:30-10:30am			
8am										
9am						<b>Strength-Club</b> Coach Eric 10:15am-11:15am				
10am										
11am						<b>Bootcamp</b> Coach Adrian 12pm-12:45pm	<b>Rush</b> Coach Justin 12pm-12:45pm	<b>Bootcamp</b> Coach Adrian 12pm-12:45pm	JR Athletix 8-12 10pm-11am SpeedCamp	<i>By Appointment Only</i>  <i>Par Rendez-Vous Seulment</i>
12pm										
1pm						<b>Gym opens 3pm</b>				
3pm						<b>Supervised Workout</b> 3pm-6pm	<b>Supervised Workout</b> 3pm-6pm	<b>Supervised Workout</b> 3pm-6pm	<b>Supervised Workout</b> 3pm-6pm	
4pm	<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>Masters</b> Coach Trevin 5:30pm-6:30pm						
5pm										
530pm	<b>JR Athletix 6-7pm</b>				<b>Gym Close 12pm</b>					
6pm										
6:30pm	<b>Bootcamp</b> Coach Adrian 6:30pm-7:30pm	<b>All Out</b> Coach Eric 6:30pm-7:30pm	<b>Bootcamp</b> Coach Adrian 6:30pm-7:30pm	<b>All Out</b> Coach Eric 6:30pm-7:30pm	<i>By Appointment Only</i>  <i>Par Rendez-Vous Seulment</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	<b>Supervised Workout</b> Speed Camp	<b>Supervised Workout</b> Speed Camp	<b>Supervised Workout</b> SpeedCamp	<b>Supervised Workout</b> SpeedCamp						
9Pm	<b>Gym Close 9pm</b>									

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 Last entry 30mins before closing