

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												
8am												
9am												
10am												
11am	<h2>By Appointment Only</h2> <h2>Par Rendez-Vous Seulment</h2>					Bootcamp Coach Adrian 9am-10am	TOTAL BODY Marie-Eve 930am-1030am					
12pm						Bootcamp Coach Adrian 12pm-12:45pm		Rush Coach Justin 12pm-12:45pm		MAXIMUM Coach Adrian 12pm-12:45pm	10:15am-11:15am	<i>By Appointment Only</i>
3pm						Gym opens 3pm	Gym opens 3pm	Gym opens 3pm	Gym opens 3pm	<i>By Appointment Only</i> <i>Par Rendez-Vous</i> <i>Seulment</i>	JR Athletix 8-12 Coach Adrian 10pm-11am	
5pm						Athlete 13+ 3pm-6pm <i>Supervised Workout</i>	SPEED CAMP 13+ Coach Adrian 5pm-6pm	Athlete 13+ 3pm-6pm <i>Supervised Workout</i>	SPEED CAMP 13+ Coach Adrian 5pm-6pm		SPEED CAMP 13+ 11am-12pm Combine Prep	
530pm						Bootcamp Coach Adrian 5:30pm-6:30pm	Rush Coach Justin 5:30pm-6:30pm	MAXIMUM Coach Adrian 5:30pm-6:30pm	H-I-T Coach Trevin 5:30pm-6:30pm		Gym Close 12pm	
6pm							JR Athletix 8-12 Coach Adrian 6pm-7pm		JR Athletix 8-12 Coach Adrian 6pm-7pm		Par	
6:30pm	Bootcamp Coach Adrian 6:30pm-7:30pm	All Out Coach Eric 6:30pm-7:30pm	MAXIMUM Coach Adrian 6:30pm-7:30pm	All Out Coach Eric 6:30pm-7:30pm	Rendez-Vous Seulment							
7:30pm	Athlete 13+ 7:30pm-9pm <i>Supervised Workout</i>	SPEED CAMP 13+ Coach Adrian 7:30pm-8:30pm	Athlete 13+ 7:30pm-9pm <i>Supervised Workout</i>	SPEED CAMP 13+ Coach Adrian 7:30pm-8:30pm								
9pm	Gym Close 9pm	Gym Close 9pm	Gym Close 9pm	Gym Close 9pm								

Last entry 30mins before closing