

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								
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		<i>By Appointment Only</i>
5pm	Athlete 13+ 3pm-6pm Supervised Workout	SPEED CAMP 13+ Coach Adrian 5pm-6pm	Athlete 13+ 3pm-6pm Supervised Workout	SPEED CAMP 13+ Coach Adrian 5pm-6pm		SPEED CAMP 13+ 11am-12pm Combine Prep Gym Close 12pm	<i>Par Rendez-Vous</i> <i>Seulment</i>	
530pm	BOOTCAMP Coach Adrian 5:30pm-6:30pm	RUSH Coach Justin 5:30pm-6:30pm	MAXIMUM Coach Adrian 5:30pm-6:30pm	H-I-I-T Coach Trevin 5:30pm-6:30pm				
6pm		JR Athletix 8-12 Coach Adrian 6pm-7pm		JR Athletix 8-12 Coach Adrian 6pm-7pm				
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				
7:30pm	Athlete 13+ 7:30pm-9pm Supervised Workout	SPEED CAMP 13+ Coach Adrian 7:30pm-8:30pm	Athlete 13+ 7:30pm-9pm Supervised Workout	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