

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						Bootcamp Coach Adrian 9am-10am	TOTAL BODY Marie-Eve 930am-1030am				
8am											
9am						Strength-Club Coach Eric 10:15am-11:15am					
10am											
11am						Bootcamp Coach Adrian 12pm-12:45pm	Rush Coach Justin 12pm-12:45pm	MAXIMUM Coach Adrian 12pm-12:45pm	10am-11am JR Athletix 8-12 Coach Adrian	<i>By Appointment Only</i>	
12pm											
3pm						Gym opens 3pm	Gym opens 3pm	Gym opens 3pm	Gym opens 3pm	<i>By Appointment Only</i>	SPEED CAMP 13+ 11am-12pm Combine Prep
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		
530pm	Bootcamp Coach Adrian 5:30pm-6:30pm	Rush Coach Justin 5:30pm-6:30pm	MAXIMUM Coach Adrian 5:30pm-6:30pm	Rush Coach Justin 5:30pm-6:30pm	<i>Par Rendez-Vous</i>	<i>Par</i>					
6pm		JR Athletix 8-12 Coach Adrian 6pm-7pm		JR Athletix 8-12 Coach Adrian 6pm-7pm			<i>Seulment</i>	<i>Rendez-Vous Seulment</i>			
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