

# 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							
8am							
9am							
10am							
11am							
12pm	<b>BOOTCAMP</b> Coach Adrian 12pm-12:45pm		<b>RUSH</b> Coach Justin 12pm-12:45pm		<b>MAXIMUM</b> Coach Adrian 12pm-12:45pm	10:15am-11:15am JR Athletix 8-12 Coach Adrian 10am-11am	<i>By Appointment Only</i>
3pm	<b>Gym opens 3pm</b>	<b>Gym opens 3pm</b>	<b>Gym opens 3pm</b>	<b>Gym opens 3pm</b>	<i>By Appointment Only</i>  <i>Par Rendez-Vous</i>  <i>Seulment</i>	SPEED CAMP 13+ 11am-12pm Combine Prep Gym Close 12pm	
5pm	<b>Athlete 13+</b> 3pm-6pm <i>Supervised Workout</i>	<b>SPEED CAMP 13+</b> Coach Adrian 5pm-6pm	<b>Athlete 13+</b> 3pm-6pm <i>Supervised Workout</i>	<b>SPEED CAMP 13+</b> Coach Adrian 5pm-6pm			
530pm	<b>BOOTCAMP</b> Coach Adrian 5:30pm-6:30pm	<b>RUSH</b> Coach Justin 5:30pm-6:30pm	<b>MAXIMUM</b> Coach Adrian 5:30pm-6:30pm	<b>RUSH</b> Coach Justin 5:30pm-6:30pm			
6pm		JR Athletix 8-12 Coach Adrian 6pm-7pm		JR Athletix 8-12 Coach Adrian 6pm-7pm			
6:30pm	<b>BODY ATTACK</b> Coach Rokaya 6:30pm-7:30pm	<b>ALL OUT</b> Coach Eric 6:30pm-7:30pm	<b>MAXIMUM</b> Coach Rokaya 6:30pm-7:30pm	<b>ALL OUT</b> Coach Eric 6:30pm-7:30pm			
7:30pm	<b>Athlete 13+</b> 7:30pm-9pm <i>Supervised Workout</i>	<b>SPEED CAMP 13+</b> Coach Adrian 7:30pm-8:30pm	<b>Athlete 13+</b> 7:30pm-9pm <i>Supervised Workout</i>	<b>SPEED CAMP 13+</b> Coach Adrian 7:30pm-8:30pm			
9pm	<b>Gym Close 9pm</b>	<b>Gym Close 9pm</b>	<b>Gym Close 9pm</b>	<b>Gym Close 9pm</b>			

Last entry 30mins before closing