

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	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>
						JR Athletix 8-12 Coach Adrian 10am-11am	
4pm		SPEED CAMP 13+ Coach Adrian 5pm-6pm		SPEED CAMP 13+ Coach Adrian 5pm-6pm	<i>By Appointment Only</i>	SPEED CAMP13+ 11am-12pm Combine Prep Gym Close 12pm	<i>Par Rendez-Vous Seulment</i>
5pm							
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 Seulment</i>	<i>Par</i>	<i>Par</i>
		JR Athletix 8-12 Coach Adrian 6pm-7pm		JR Athletix 8-12 Coach Adrian 6pm-7pm			
6pm		JR Athletix 8-12 Coach Adrian 6pm-7pm		JR Athletix 8-12 Coach Adrian 6pm-7pm		<i>Rendez-Vous Seulment</i>	
6:30pm	BODY ATTACK Coach Rokaya 6:30pm-7:30pm	ALL OUT Coach Eric 6:30pm-7:30pm	MAXIMUM Coach Rokaya 6:30pm-7:30pm	ALL OUT Coach Eric 6:30pm-7:30pm			
7:30pm		SPEED CAMP 13+ Coach Adrian 7:30pm-9:00pm		SPEED CAMP 13+ Coach Adrian 7:30pm-9:00pm			
9pm							