

# 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						<b>BOOTCAMP</b> Coach Adrian 9am-10am	<b>BODY ATTACK</b> Coach Rokaya 9h30-10h30					
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>
4pm							<b>SPEED CAMP 13+</b> Coach Adrian 5pm-6pm		<b>SPEED CAMP 13+</b> Coach Adrian 5pm-6pm	<i>By Appointment Only</i>	<b>SPEED CAMP13+</b> 11am-12pm Combine Prep	
5pm											Gym Close 12pm	
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	<i>Par Rendez-Vous Seulment</i>	<i>Par</i>	<i>Rendez-Vous Seulment</i>
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	Supervised Workout 7:30pm-9pm	<b>SPEED CAMP 13+</b> Coach Adrian 7:30pm-8:30pm	Supervised Workout 7:30pm-9pm	<b>SPEED CAMP 13+</b> Coach Adrian 7:30pm-8:30pm								
9pm	Gym Close 9pm	Gym Close 9pm	Gym Close 9pm	Gym Close 9pm								

Last entry 30mins before closing