

| Monday                         |                           | Tuesday                        | Wednesday                             |                          | Thursday                    | Friday                      |
|--------------------------------|---------------------------|--------------------------------|---------------------------------------|--------------------------|-----------------------------|-----------------------------|
|                                |                           | M SOCCER<br>8 - 9 AM           |                                       |                          |                             | FOOTBALL<br>8:30 - 10:30 AM |
| FOOTBALL<br>9 - 11 AM          | W SOCCER<br>9 - 10 AM     | W HOCKEY<br>11 - 11:45 AM      | FOOTBALL<br>9 - 11 AM                 | FOOTBALL<br>9 - 11 AM    | FOOTBALL<br>9 - 11 AM       |                             |
|                                | M HOCKEY<br>11 - 11:45 AM |                                |                                       |                          |                             | M HOCKEY<br>11 - 11:45 AM   |
| HIIT<br>12:15 - 12:45 PM       | M HOCKEY II<br>12 - 1 PM  | 40+ LIFTING<br>12 - 1 PM       | W BASKETBALL &<br>SOCCER<br>12 - 1 PM | HIIT<br>12:15 - 12:45 PM | 40+ LIFTING<br>12 - 1 PM    | W BASKETBALL<br>12 - 1 PM   |
|                                |                           | M BASKETBALL<br>1 - 1:45 PM    |                                       |                          | M BASKETBALL<br>1 - 1:45 PM |                             |
| W BASKETBALL<br>2:15 - 3:15 PM |                           |                                | M BASKETBALL<br>3 - 4 PM              |                          |                             | M BASKETBALL<br>3 - 4 PM    |
| M BASKETBALL<br>3:30 - 4:15 PM |                           | W BASKETBALL<br>3:30 - 4:30 PM |                                       |                          |                             |                             |
| FOOTBALL<br>4 - 6 PM           | HIIT<br>5:15 - 5:45 PM    | W RUGBY<br>4:30 - 6:30 PM      | FOOTBALL<br>4 - 6 PM                  | HIIT<br>5:15 - 5:45 PM   | FOOTBALL<br>4 - 6 PM        |                             |

| Lundi                             |                                   | Mardi                            | Mercredi                                |                           | Jeudi                            | Vendredi                     |
|-----------------------------------|-----------------------------------|----------------------------------|---|---------------------------|----------------------------------|------------------------------|
|                                   |                                   | M SOCCER<br>8 h - 9 h            |   |                           |                                  | FOOTBALL<br>8 h 30 - 10 h 30 |
| FOOTBALL<br>9 h - 11 h            | F SOCCER<br>9 h - 10 h            | F HOCKEY<br>11 h - 11 h 45       | FOOTBALL<br>9 h - 11 h                  | FOOTBALL<br>9 h - 11 h    | FOOTBALL<br>9 h - 11 h           |                              |
|                                   |                                   |                                  |   |                           |                                  |                              |
| M HOCKEY<br>11 h - 11 h 45        | M HOCKEY<br>11 h - 11 h 45        | M HOCKEY<br>11 h - 11 h 45       | M HOCKEY<br>11 h - 11 h 45              | M SOCCER<br>11 h - 12 h   |                                  |                              |
| HIIT<br>12 h 15 - 12 h 45         | M HOCKEY II<br>12 h - 13 h        | HALTÉROPHILIE 40+<br>12 h - 13 h | F BASKETBALL &<br>SOCCER<br>12 h - 13 h | HIIT<br>12 h 15 - 12 h 45 | HALTÉROPHILIE 40+<br>12 h - 13 h | F BASKETBALL<br>12 h - 13 h  |
|                                   | M BASKETBALL<br>13 h - 13 h 45    |                                  |   |                           | M BASKETBALL<br>13 h - 13 h 45   |                              |
| F BASKETBALL<br>14 h 15 - 15 h 15 |                                   |                                  | M BASKETBALL<br>15 h - 16 h             |                           |                                  | M BASKETBALL<br>15 h - 16 h  |
| M BASKETBALL<br>15 h 30 - 16 h 15 | F BASKETBALL<br>15 h 30 - 16 h 30 |                                  |   |                           |                                  |                              |
| FOOTBALL<br>16 h - 18 h           | HIIT<br>17 h 15 - 17 h 45         | F RUGBY<br>16 h 30 - 18 h 30     | FOOTBALL<br>16 h - 18 h                 | HIIT<br>17 h 15 - 17 h 45 | FOOTBALL<br>16 h - 18 h          |                              |
|                                   |                                   |                                  |   |                           |                                  |                              |