

## ADULT FITNESS & ATHLETE SCHEDULE

EFFECTIVE JANUARY 1st, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM H.I.I.T ONLINE	6:30 AM Build the Athlete JR (8-10 YEARS) ONLINE	6:15 AM H.I.I.T ONLINE	6:30 AM Build the Athlete JR (8-10 YEARS) ONLINE	6:15 AM H.I.I.T ONLINE	9:00 AM Bootcamp ONLINE	11:00 AM SR Football (16+ YEARS) ONLINE
4:00 PM Build the Athlete SR (10-13 YEARS) ONLINE	12:00 PM Hatha Yoga ONLINE	9:30 AM Hatha Yoga ONLINE	12:00 PM Hatha Yoga ONLINE	12:00 PM H.I.I.T ONLINE	10:30 AM Hatha Yoga ONLINE	
4:30 PM Build the Athlete SR (10-13 YEARS) ONLINE	4:00 PM Build the Athlete SR (10-13 YEARS) ONLINE	12:00 PM H.I.I.T ONLINE	4:00 PM Build the Athlete SR (10-13 YEARS) ONLINE	4:00 PM Build the Athlete SR (10-13 YEARS) ONLINE		
5:00 PM Build the Athlete JR (8-10 YEARS) ONLINE	5:00 PM JR ATHLETE (14-16 YEARS) ONLINE	4:00 PM Build the Athlete SR (10-13 YEARS) ONLINE	4:45 PM Posture & Strength ONLINE	4:30 PM Build the Athlete SR (10-13 YEARS) ONLINE		
6:00 PM SR Football (16+ YEARS) ONLINE	6:00 PM Hatha Yoga ONLINE	4:30 PM Build the Athlete SR (10-13 YEARS) ONLINE	5:00 PM JR ATHLETE (14-16 YEARS) ONLINE	5:00 PM SR Football (16+ YEARS) ONLINE		
6:00 PM GIRLS Build the Athlete SR (10-13 YEARS) ONLINE	6:00 PM JR FOOTBALL (14-16 YEARS) ONLINE	5:00 PM SR Football (16+ YEARS) ONLINE	6:00 PM Nirvana Fitness ONLINE	6:00 PM SR Football (16+ YEARS) ONLINE		
6:30 PM Strength & Posture ONLINE	7:00 PM Build the Athlete JR (8-10 YEARS) ONLINE	6:00 PM SR Football (16+ YEARS) ONLINE	6:00 PM JR FOOTBALL (14-16 YEARS) ONLINE	6:00 PM GIRLS Build the Athlete SR (10-13 YEARS) ONLINE		



### Athlete Pack

ONLINE - Build the Athlete - 10 Pack	\$150 + HST
ONLINE - Build the Athlete - 20 Pack	\$250 + HST
ONLINE - Build the Athlete - 30 Pack	\$300 + HST
WINTER/SPRING BTA Junior	\$450 + HST
WINTER/SPRING BTA Senior	\$590 + HST

### Follow Us on Social for updates, announcements and more!



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### Fitness Pack

Fitness Class - 10 Pack	\$150 + HST
Fitness Class - 25 Pack	\$300 + HST
Fitness Class - 35 Pack	\$500 + HST

All Build the Athlete Passes can be used towards registering for Fitness Classes... bring the family!

FOR MORE INFORMATION, EMAIL [INFO@TITANPERFORMANCE.CA](mailto:INFO@TITANPERFORMANCE.CA) OR CALL US AT (613) 654-0700

BTA   ATHLETE PROGRAMS	FITNESS CLASSES	YOGA CLASSES	FOOTBALL CLASSES	#TITANUP
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