



**RETURN BID TO/ RETOURNER LES
SOUSSIONS À :**

Canada Border Services Agency
Contracting Bids Receiving
2405 St-Laurent Unit H
Ottawa, ON K1A 0L8
(613) 941-6034

**Bid Receiving Unit is open from Monday to Friday
inclusively, between the hours of 07:30 to 3:30,
excluding Statutory Holidays.**

Agence des services frontaliers du Canada
Secteur de distributions des chèques et
de réception des soumissions
2405 St-Laurent Unit H
Ottawa, ON K1A 0L8
No de télécopieur: (613) 941-6034

**La Réception des soumissions est ouverte du lundi
au vendredi inclusivement, entre les heures de 7h30
à 15h30, à l'exclusion des jours fériés.**

**Amendment# 2 to Request for
Services
Modification# 1 à la Demande
de services**

**Proposal to: Canada Border Services Agency
(CBSA)**

We hereby offer to sell to Her Majesty the Queen in
right of Canada, in accordance with the terms and
conditions set out herein, referred to herein or attached
hereto, the goods, services, and construction listed
herein and on any attached sheets at the price(s) set out
therefor.

**Proposition à: l'Agence des services frontaliers
du Canada (ASFC)**

Nous offrons par la présente de vendre à Sa Majesté la
Reine du chef du Canada, aux conditions énoncées ou
incluses par référence dans la présente et aux appendices
ci-jointes, les biens, services et construction énumérés
ici sur toute feuille ci-annexée, au(x) prix indiqué(s).

Comments — Commentaires :

**THIS DOCUMENT CONTAINS A SECURITY
REQUIREMENT — LE PRÉSENT DOCUMENT
COMPORTE UNE EXIGENCE EN MATIÈRE DE
SÉCURITÉ**

Issuing Office – Bureau de distribution

Canada Border Service Agency – Agence des services
frontaliers du Canada
2405 St-Laurent Unit H
– 2405 St-Laurent Unit H
Ottawa ON K1A 0L8

Title — Sujet: Sports and recreational Services	
Solicitation No. — N° de l'invitation 1000319739	Amendment No. - N° de la modification: 2
	Date: November 21, 2014

Solicitation Closes — L'invitation prend fin	Time Zone — Fuseau horaire
At /à: 11:00 a.m. (hours/heures)	<input checked="" type="checkbox"/> EST (Eastern Standard Time) / HNE (heure normale de l'Est)
On / le : 2013-12-04 (yyyy-mm-dd) / (aaaa-mm-jj)	<input type="checkbox"/> EDT (Eastern Daylight Saving Time) / HAE (heure avancée de l'Est)

F.O.B. — F.A.B.

Plant-Usine: **Destination:** **Other — Autre:**

Address Enquiries to — Adresser toutes questions à:
Elena Di Cola
Email: [CBSA-ASFC_Solicitations-
Demandes de soumissions@cbsa-asfc.gc.ca](mailto:CBSA-ASFC_Solicitations-Demandes_de_soumissions@cbsa-asfc.gc.ca)

Telephone No. – No de téléphone: (613) 941-6626	FAX No. – No de télécopieur : (613) 954-0155
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Destination - of Goods and or Services:
Destination – des biens et ou services :

Canada Border Services Agency (CBSA) —
Agence des services frontaliers du Canada (ASFC)

Instructions: See Herein — Voir aux présentes

Delivery Required — Livraison exigée See herein — voir aux présentes	Delivery Offered — Livraison proposé
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Vendor/Firm Name and Address — Raison sociale et adresse du fournisseur/de
l'entrepreneur:

Telephone No. – No de téléphone:	FAX No. – No de télécopieur :
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Name and title of person authorized to sign on behalf of Vendor/Firm
(type or print) — Nom et titre de la personne autorisée à signer au nom du
fournisseur/de l'entrepreneur (taper ou écrire en caractères d'imprimerie)

Signature

Date



Amendment# 2

This solicitation amendment is raised to;

1. Amend the address where to return bids;
2. Amend Annex A – Statement of Work;

1. Bidders are advised that the address to return bids to as been changed from to the below address;

Canada Border Services Agency
Contracting Bids Receiving
2405 St-Laurent Unit H
Ottawa, ON K1A 0L8
(613) 941-6034

2. Bidders are advised to **DELETE ANNEX A – STATEMENT OF WORK and Appendix A to Annex A in its entirety.**

Bidders are advised to **INSERT** the below ANNEX A – STATEMENT OF WORK. and Appendix A

ANNEX A Statement of Work

1. OBJECTIVE

The Contractor must provide sports, fitness and recreational services at the Canada Border Services Agency (CBSA) College in Rigaud, Quebec.

2. BACKGROUND

The Canada Border Services Agency (CBSA) College in Rigaud, Quebec, is the agency responsible for training and developing all CBSA border services officers. The College has up to 16 classes of up to 20 recruits per class during any one Intake of officer trainees and classes enter in a staggered format bi-weekly until 16 classes are populated. In order to meet its mandate with respect to the crossing of persons and goods across the Canadian border, the CBSA requires its newly hired officers to meet certain prerequisites including aptitudes, competencies and physical fitness.

The College is open 24 hours a day, 7 days a week, and offers professional facilities. With its 316 rooms, semi-Olympic pool, gymnasium, auditorium, and banquet hall adjacent to a licensed lounge, the College allows trainees to remain on site for the duration of their training. Depending on its occupation rate, the College also makes its facilities available to other federal departments and agencies. The occupation rate is estimated at 80% for the next two years.

3. DESCRIPTION

The CBSA requires the organization of sports and recreational services to maintain a proper balance of physical fitness and mental health for clients who reside at the College as well as employees such as instructors and trainers who must remain fit for their job. To this end, the CBSA expects the Contractor to establish and provide the following activities:

- Fitness



- Fitness evaluation and consultation
- Recreational sports
- Aquatic activities
- Social recreation
- Recreational activities
- Organization of personalized activities requested by clients
- Promotion of all the various available activities
- Washing of sporting goods (including towels), daily cleaning of sports and bodybuilding equipment

The CBSA also requires Fitness specialists to provide bilingual fitness sessions in accordance with schedules and guidelines provided by the CBSA and administer standard physical fitness tests to officer trainee recruits.

4. DUTIES

The Contractor must provide:

1) Fitness sessions and standard physical fitness tests:

a) Conduct bilingual fitness sessions in accordance with schedules, between the hours of 06h00 and 21h00, provided by the CBSA and Annex G – CBSA Officer Induction Training Program Training Guidelines three (3) times per week in one (1) hour blocks each over the course of the 18-week Intake. Up to four (4) classes may be scheduled concurrently and changes can be made to the schedule.

When possible and weather permitting, Fitness sessions can be conducted outside of the gym area. Fitness sessions will include, but are not limited to:

1. Strength training
2. Weight training
3. Cardiovascular endurance
4. Functional movement exercises
5. Muscle endurance
6. Flexibility
7. Speed
8. Quickness
9. Agility

b) Monitoring the progress and offer guidance to officer trainee recruits on proper form and exercise techniques.

c) Set-up the fitness area before the start of the sessions, tearing it down after and reporting any damages to the equipment to the technical authority.

d) Complete a weekly report regarding officer trainee/ recruit participation in the fitness sessions. The document must incorporate the following information:

1. Class number
2. Date of session
3. Number of recruits participating in each session
4. Number of recruits NOT participating in session
5. Duration of session
6. Intensity level of session
7. Any injuries noted as a result of the Fitness session
8. Any observations or concerns from Fitness specialists noted during each session

e) Schedule each officer trainee recruit for two standard physical fitness tests during the in-residence component of their OITP. The standard physical fitness test sessions are 1.5 hours each and are to be conducted within 3 weeks of the beginning of the program and again within 5 weeks of the end of the program.

f) Administering standard physical fitness tests to officer trainee recruits. The standard physical fitness test includes the Physical Abilities Requirement Evaluation (PARE) Administration Requirements, or other standard tests, as determined by the CBSA. Three Fitness specialists are required to assist in each standard physical fitness test session.

1.1 Scheduled Officer Induction Training Program (OITP) Intakes



OITP5: February 02, 2015, February 16, 2015, March 02, 2015 and March 16, 2015.

OITP 6: July 20, 2015, August 3, 2015 and August 17, 2015.

OITP 7: January 4, 2016 and January 18 2016,

These dates are subject to change, due to operational needs and the capacity of recruitment. The technical authority will confirm the start date with the contractor and will inform the contractor of any changes to the schedule 1 week prior to the scheduled OITP start date.

2) Sports activity services:

- a)** Develop, plan, offer and evaluate group fitness courses. In some cases, daily courses may be predefined by the Project Authority or his/her delegate. The Project Authority or delegate may provide a special schedule with 24 hours' notice and plan a meeting to explain the course outline.
- b)** Offer personalized fitness consultations and evaluations within 24 hours' notice. **c)** Plan, develop and facilitate competitive tournaments approximately once a month based on the clients' interests.
- d)** Plan, develop and offer seasonal sports activities, including but not limited to volleyball, soccer, badminton, Ping-Pong, handball, biking, snowshoeing and cross-country skiing.
- e)** Plan, develop and offer aquatic activities such as water polo, swimming courses and aqua fitness, based on the clients' interests.
- f)** Provide periods of recreational swimming.
- g)** Analyze water quality and inform on-site authorities in a timely manner through pre-established channels where necessary.
- h)** Motivate the clients to connect with sports activities organized by the Contractor.
- i)** Provide users with clear and specific instructions on the use of apparatus, equipment and supplies.
- j)** Ensure the safety of sports activities such as warm-up, wearing of safety equipment and movement control.
- k)** Clean by washing all sporting goods such as towels, bibs, kneepads and other machine-washable items.
- l)** Wash and disinfect with cloth all sports and bodybuilding equipment daily.
- m)** Ensure that apparatus, equipment and other items are safe and in good working order at all times, and notify the Project Authority in writing within one (1) hour if an item is defective.
- n)** Make minor repairs to apparatus and equipment such as, but not limited to, inflating bicycle tires, oiling bodybuilding equipment, repairing torn seats to apparatus and equipment and other items used to conduct sports and recreational activities.
- o)** Inform the Project Authority in writing within one (1) hour of any situation, circumstance and condition that could jeopardize the health and safety of users, and make appropriate recommendations.

3) Recreational activity services:

- a)** Organize, coordinate and facilitate social recreation, such as:
 - 1. Screening of films three (3) times a week.
 - 2. Facilitating one weekly activity, or at the Project Authority's request within 24 hours' advance notice, in the Salon Vaudreuil (licensed bar), such as karaoke and dancing.
 - 3. Board games such as Clue, Monopoly and Bingo.
 - 4. Electronic games such as PlayStation and Xbox.
 - 5. Games of skill such as horseshoes, Frisbee, pétanque (lawn bowling), billiards, darts and Mississippi.
 - 6. Other activities, as requested by clients.

- b)** Organize and provide information about recreational activities, such as:

- 1. Tours
- 2. Sports event
- 3. Shows
- 4. Dinners
- 5. Museum tours

The cost of these activities, including transportation, tickets, registration fees and all other associated fees, are the responsibility of the participants.

4) Information and Advertising:



- a) Produce and provide a one-time promotional document explaining the nature, objectives and philosophy of sports and recreational services. The document must include an explanation of each available activity and indicate how it can be beneficial. This document must be posted and thus available to all clients when they arrive at the College. The Project Authority must approve this document.
- b) Develop a weekly schedule of activities to be held during the week to be reviewed with the Project Authority and make the schedule available to clients.
- c) For each new group staying at the College for one week or more, the Contractor will provide a presentation unless otherwise indicated; meet with each new group staying at the College to inform them about the services available under this Contract.
- d) Maintain an up-to-date information centre on regional services and tourism activities in the region and nearby major cities, including brochures, posters, and maps.
- e) Provide the necessary display racks.

5) Additional duties:

- a) Maintain the inventory list of all apparatus, equipment and items for which the Contractor is responsible and submit the list, with any updates, twice a year (June and December), for the Project Authority's information.
- b) Produce, for the Project Authority's information, monthly statistical reports on the number of participants in each activity.
- c) Establish and manage a loan process for borrowing equipment.
- d) Develop and implement methods and procedures to eliminate the loss and theft of goods for which the Contractor is responsible. The Project Authority must be informed within one hour of any irregularities.
- e) Recommend the procurement and replacement of new equipment in light of new training methods or the most frequently requested equipment.
- f) Plan and manage the services of a massage therapist certified by the Association des massothérapeutes du Québec or the Fédération québécoise des massothérapeutes. These services are at the request of clients and the costs of are the responsibility of the clients. The Contractor must provide to the Project Authority a copy of the certification of any massage therapist performing services.
- g) Provide the necessary mechanism for clients to share their interest requests with regards to sports and recreational activities.

6) Contractor's resources:

- a) The Contractor must assign an on-site representative (Coordinator) to coordinate, administer, supervise, plan and promote all sports and recreational activities to be made available. These activities include fitness, individual and group sports, leisure and weekly organized recreational activities.
- b) The Coordinator must make decisions regarding compliance with and performance of all aspects of the contract. The Coordinator shall also liaise between the Project Authority and the Contractor.
- c) All of the Contractor's resources must act as emergency officers at all times while performing their duties under the Contract.
- d) The contractor must assign 4 categories of employees: Fitness Specialist, Attendant at the sports loan counter, Lifeguard (and Assistant Lifeguard), Special Event Facilitator according to a schedule provided every week.
 - i. Physical Fitness Specialists are responsible for delivering bilingual fitness sessions in accordance with schedules and guidelines provided by the CBSA, monitoring officer trainee recruits progress and offering guidance on proper form and exercise techniques. Developing, promoting, and leading other physical fitness courses, weight control programs, and sports and recreational activities. The Specialists must also inform clients of other activities taking place away from the College's premises (e.g.: trips, hotels, restaurants, cultural events, etc.)
 - ii. Sports Loan Counter Attendant will work at the sports loan counter to control the interchange of equipment and other supplies. The position requires daily interaction with clients. The attendant will also tend to the laundry of sportswear items (including towels), as well as the daily maintenance/cleaning of sports and bodybuilding equipment.



iii. Lifeguard and Assistant-Lifeguard must be present at the pool during its hours of operation. Lifeguards and assistant-lifeguards must be certified according to the provincial standards of the Public Pools Management Act (S-3, r.3).

iv. Special Event Facilitator must be on-site from 19:00 to 23:30 one evening per week and will normally organized activities on Tuesdays or Wednesdays, as per the request of the Project Authority. The schedule may (day and/or hours) vary upon the Project Authority's request.

7) CONSTRAINTS

1) Education:

Fitness specialists are to have a University Degree in Physical Education.

2) Code of conduct:

- a) Contact between the Contractor's resources and clients must be within the professional framework only.
- b) Compliance must be ensured with regulations governing the College's operations, including but are not limited to safety, access policy, confidentiality, professionalism, values and ethics.
- c) All Contractors' resources must record their attendance in a log book provided by the CBSA upon arrival at and departure from the College.
- d) A contract resource must not hold more than one position at any given time.
- e) A uniform, approved by the Project Authority in accordance with the Dress Code of the College to be provided by the Project Authority, must be provided to the Contractor's resources assigned to the College.

3) Coffee breaks and meal periods:

- a) Daily meal periods will not be paid by CBSA.
- b) Breaks and meal periods must be scheduled to ensure that services continue to be adequately available as required by the contract.

4) Schedules:

- a) Requests for services may be increased or decreased at any time based on the requirements and constraints of clients and the College. The Project Authority thus reserves the right to amend the approved schedules on 24 hours' notice. If notice is given under 24 hours, scheduled hours shall be paid, even if the service was not rendered.
- b) Except as provided in a) (notice under 48 hours), any service not rendered must not be billed.
- c) The scheduled dates for the Officer Induction Training Program (OITP) Intakes are subject to change, due to operational needs and the capacity of recruitment. The technical authority will confirm the start date with the contractor and will inform the contractor of any changes to the scheduled intake dates one (1) week prior to the scheduled OITP start date.

5) Other requirements:

- a) The Contractor must provide the equipment and office supplies needed to perform the duties outlined in Contract. Equipment and office supplies could include but are not limited to computers, printers, furniture, telephones, the Internet, telephone lines, fax machines, photocopiers, office supplies and stationery.
- b) The Contractor is responsible for all promotional costs including printing, copying and related administrative costs.
- c) The Contractor must provide all detergent, chlorine, bleach and all other cleaning products.

6) Non-Disclosure:

All data and information collected during the fitness and tests sessions remains the property of the CBSA and will be used for evaluation of the physical fitness program. The information cannot be used or disclosed.

7) External Clients:

Standard physical test sessions may be scheduled for external clients upon request. The technical authority will inform the contractor of incoming external clients a minimum of one week in advance.

8) Miscellaneous:



- a) Instructors, Supervisors, Managers and other CBSA College employees or interested stakeholders may observe any of the Fitness or standard test sessions and may interact with the participants. Members of the CBSA Design, Recruitment or other internal stakeholder may observe the Fitness or assessment sessions.
- b) External stakeholders including other government departments, visiting delegations or other (as approved by the CBSA College) may observe a Fitness or standard test session.
- c) Occasionally, participants and possibly the contractor's resources may be photographed during Fitness or standard test sessions, and publication of these photos will be only upon collection of a signed waiver from the person(s) being photographed.

8) SUPPORT

I) Rooms and space available at the College:

- a) Two rooms, used as offices, shall be made available to the Contractor
- b) One gymnasium measuring 6792 square feet
- c) One training room
- d) Indoor semi-Olympic pool
- e) Home theatre room
- f) Patio
- g) Large expanse of lawn
- h) Service area for equipment loans
- i) Karaoke system
- j) Light tools for minor repairs

II) Cardio and bodybuilding equipment:

The College currently has approximately 30 pieces of cardio equipment and 30 pieces of bodybuilding equipment.

III) Sports equipment for (including but not limited to):

- a) Softball
- b) Badminton
- c) Basketball
- d) Volleyball
- e) Hockey
- f) Cross-country skiing
- g) Tennis
- h) Biking
- i) Ping-Pong
- j) Golf
- k) Water polo
- l) Aquatic training equipment

IV) Games or entertainment items (including but not limited to):

- a) Billiards **Miscellaneous:**
- b) Chess
- c) Horseshoes
- d) Board games
- e) Card games
- f) Various films

V) Schedule:

- a) The typical working schedule is provided as examples (see Appendix A).
- b) The working schedules will be confirmed at least two weeks in advance. Schedules will normally be fairly stable, and any changes are made on a long-term basis.
- c) The fitness sessions schedules will be confirmed one week in advance.



VI) Standard physical test protocol

When necessary, specific training in support of the program (i.e. test protocols) may be offered by the CBSA to the fitness specialists, with one week advance notice. Where this training falls outside of established fitness sessions for officer trainees, the fitness specialists will be compensated as though they are providing a fitness session.

VII) Miscellaneous

- a) Washers and dryers, free of charge, to wash sporting goods.
- b) One water test kit
- c) The Contractor's resources will be informed by the Project Authority about the evacuation procedure and their responsibility while acting as emergency officers in the performance of their duties under the Contract.
- d) The Contractor's resources will be provided with the required ID access cards.
- e) The CBSA will provide the Dress Code for the College.
- f) The CBSA will make the necessary arrangements for the Contractor to be able to install phone, fax and internet services required by the Contractor to perform the Work under the Contract.
- g) The CBSA will provide the list of all apparatus, equipment and items for which the Contractor will be responsible.

8) LANGUAGES

The Contractor must provide all services and all deliverables in both official languages of Canada.



Appendice A
HOURS PER DAY PER POSITION

Position	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coordinator		11:30 AM-8:00 PM	11:30 AM-8:00 PM	11:30 AM-8:00 PM	11:30 AM-8:00 PM	11:30 AM-5:00 PM	
Physical Fitness specialist		10:00 AM-3:00 PM	10:00 AM-3:00 PM	10:00 AM-3:00 PM	10:00 AM-3:00 PM	10:00 AM-3:00 PM	
Physical Fitness specialist		4:00 PM-11:00 PM	4:00 PM-11:00 PM	4:00 PM-11:00 PM	4:00 PM-11:00 PM	4:00 PM-11:00 PM	
Attendant	1:00 PM - 9:00 PM	3:00 PM-10:30 PM	3:00 PM-10:30 PM	3:00 PM-10:30 PM	3:00 PM-10:30 PM	3:00 PM-4:00 PM	1:00 PM-9:00 PM
Lifeguard	3:00 PM-6:00 PM	11:00 AM-9:00 PM	6:00 AM-8:00 AM 11:00 AM-9:00 PM	11:00 AM-9:00 PM	6:00 AM-8:00 AM 11:00 AM-9:00 PM		3:00 PM-6:00 PM
Assistant Lifeguard	3:00 PM-6:00 PM	11:00 AM-9:00 PM	6:00 AM-8:00 AM 11:00 AM-9:00 PM	11:00 AM-9:00 PM	6:00 AM-8:00 AM 11:00 AM-9:00 PM		3:00 PM-6:00 PM
Special Event Facilitator (for Salon Vaudreuil)			7:00 PM-11:30 PM Tuesday or Wednesday	7:00 PM-11:30 PM Tuesday or Wednesday			

Note: This typical working schedule is provided solely for bidding purposes and may vary during the period of the Contract.



Sample schedule of fitness sessions
**** provided by way of example only ****

		JULY														
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Week	bloc #	1							2							
6:15am-7:15am						gym setup										
7:15am-8:15am	1					1 specialist Class A										
8:15am-9:15am																
9:30am-10:30am																
10:30am-11:30am	2					1 specialist Class B			gym setup	gym setup		gym setup	gym setup			
11:30am-12:30pm	3					1 specialist Class C			1 specialist Class D	1 specialist Class A		1 specialist Class C	1 specialist Class A			
12:30pm-1:30pm																
2:15pm-3:15pm																



3:15pm-16h15	4			gym setup		1 specialist Class D			1 specialist Class C	1 specialist Class B	gym setup	1 specialist Class D	1 specialist Class B		
4:15pm-5:15pm	5			Team Building Class A,B,C,D		disassembly			disassembly	2 specialists Class C,D	2 specialists Class A,B	disassembly	disassembly		
5:15pm-6:15pm	6			disassembly						disassembly	disassembly				
6:15pm-7:15pm															

JULY

		21	22	23	24	25	26	27	28	29	30	31	1	2	3		
Week	bloc #	3								4							
6:15am-7:15am											gym setup						
7:15am-8:15am	1										2 specialists Class C,D						
8:15am-9:15am																	
9:30am-10:h30am				gym setup		gym setup			gym setup								
10:30am-11:30am	2			2 specialists Class C,D		2 specialists Class C,D			2 specialists Class G,H		2 specialists Class E,F	gym setup	gym setup				



11:30am-12:30pm	3			2 specialists Class A,B		2 specialists Class A,B				2 specialists Class G,H	2 specialists Class C,D	2 specialists Class G,H					
12:30pm-1:30pm																	
2:15pm-3:15pm																	
3:15pm-16h15	4	gym setup	gym setup	2 specialists Class G,H		2 specialists Class E,F		2 specialists Class E,F	gym setup	2 specialists Class A,B	2 specialists Class A,B	2 specialists Class E,F,					
4:15pm-5:15pm	5	1 specialist Class C,D	2 specialists Class A,B	Team Building Class E,F,G,H		disassembly		2 specialists Class C,D	2 specialists Class A,B	disassembly	disassembly	disassembly					
5:15pm-6:15pm	6	disassembly	disassembly	disassembly				disassembly	disassembly								
6:15pm-7:15pm																	
AUGUST																	
		4	5	6	7	8	9	10	11	12	13	14	15	16	17		
Week	bloc #	5								6							
6:15am-7:15am									gym setup								
7:15am-8:15am	1								2 specialists Class K,L								



8:15am-9:15am														
9:30am-10:h30am			gym setup	gym setup					gym setup		gym setup	gym setup		
10:30am-11:30am	2		2 specialists Class A,B	2 specialists Class C,D	gym setup	gym setup			2 specialists Class C,D	2 specialists Class A,B	gym setup	2 specialists Class A,B	2 specialists Class C,D	
11:30am-12:30pm	3		2 specialists Class C,D	2 specialists Class E,F	2 specialists Class G,H	2 specialists Class K,L			2 specialists Class E,F	2 specialists Class G,H	2 specialists Class C,D	2 specialists Class E,F	2 specialists Class G,H	
12:30pm-1:30pm														
2:15pm-3:15pm														
3:15pm-16h15	4	gym setup	2 specialists Class G,H	2 specialists Class A,B	2 specialists Class I,J	2 specialists Class E,F			2 specialists Class G,H	2 specialists Class I,J	2 specialists Class A,B	2 specialists Class K,L	2 specialists Class I,J	
4:15pm-5:15pm	5	2 specialists Class G,H	2 specialists Class E,F	Team Building Class I,J,K,L	2 specialists Class C,D	2 specialists Class A,B			disassembly	2 specialists Class K,L	3 specialists Class F,I,J	disassembly	1 specialist Class E	
5:15pm-6:15pm	6		disassembly	disassembly	disassembly	disassembly				disassembly	disassembly		disassembly	
6:15pm-7:15pm														
AUGUST														
	18	19	20	21	22	23	24	25	26	27	28	29	30	31



Week	bloc #	7					8					
6:15am-7:15am									gym setup			
7:15am-8:15am	1								3 specialists Class A,B,M,			
8:15am-9:15am												
9:30am-10:h30am			gym setup		gym setup						gym setup	
10:30am-11:30am	2	gym setup	2 specialists Class K,L	gym setup	2 specialists Class E,F		gym setup		3 specialists Class C,D,N	gym setup	2 specialists Class C,D	
11:30am-12:30pm	3	2 specialists Class E,F	2 specialists Class I,J	2 specialists Class G,H	3 specialists Class I,K,L		2 specialists Class O,P		3 specialists Class I,J,O	2 specialists Class K,L	3 specialists Class M,N,P	
12:30pm-1:30pm												
2:15pm-3:15pm		gym setup						gym setup				
3:15pm-16h15	4	2 specialists Class E,F	2 specialists Class G,H	2 specialists Class E,F	2 specialists Class O,P	3 specialists Class J,M,N	2 specialists Class G,H	2 specialists Class M,N	3 specialists Class K,L,P	2 specialists Class I,J	3 specialists Class A,B,O	
4:15pm-5:15pm	5	3 specialists Class A,B,I	3 specialists Class C,D,J	Team Building Class M,N,O,P	3 specialists Class B,K,L	3 specialists Class A,C,D	3 specialists Class C,D,I	3 specialists Class A,B,J	2 specialists Class G,H	3 specialists Class E,F,G	3 specialists Class E,F,H	
5:15pm-6:15pm	6	disassembly	disassembly	disassembly	disassembly	disassembly		disassembly	disassembly	disassembly	disassembly	2 specialists Class K,L



6:15pm-7:15pm																	disassembly		
SEPTEMBER																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14				
Week	bloc #	9								10									
6:15am-7:15am				gym setup					gym setup	gym setup		gym setup							
7:15am-8:15am	1		gym setup	2 specialists Class I,J	gym setup				3 specialists Class E,F,O	2 specialists Class O,P		2 specialists Class G,H	gym setup						
8:15am-9:15am			2 specialists Class I,J	2 specialists Class G,H	2 specialists Class E,F				3 specialists Class G,H,P	2 specialists Class E,F		2 specialists Class I,J	2 specialists Class K,L						
9:30am-10:30am																			
10:30am-11:30am	2	gym setup									gym setup								
11:30am-12:30pm	3	2 specialists Class K,L	2 specialists Class A,B	2 specialists Class K,L	2 specialists Class A,B	2 specialists Class O,P			3 specialists Class A,B,N	2 specialists Class G,H	4 specialists Class A,B,K,L	2 specialists Class M,N	3 specialists Class A,B,M						
12:30pm-1:30pm																			
2:15pm-3:15pm																			
3:15pm-16h15	4	2 specialists Class	2 specialists Class O,P	2 specialists Class M,N	2 specialists Class C,D	2 specialists Class M,N			3 specialists Class I,J,M	2 specialists Class K,L	2 specialists Class I,J	2 specialists Class O,P	3 specialists Class E,F,N						



		C,D															
4:15pm-5:15pm	5	3 specialists Class E,F,G	3 specialists Class C,G,H	3 specialists Class A,B,D	3 specialists Class M,N,O	3 specialists Class E,F,H			2 specialists Class C,D	disassembly	2 specialists Class C,D	disassembly	2 specialists Class C,D				
5:15pm-6:15pm	6	disassembly	disassembly	disassembly	1 specialist Class P	disassembly			disassembly		disassembly		disassembly				
6:15pm-7:15pm					disassembly												
SEPTEMBER																	
		15	16	17	18	19	20	21	22	23	24	25	26	27	28		
Week	bloc #	11								12							
6:15am-7:15am																	
7:15am-8:15am	1	gym setup											gym setup				
8:15am-9:15am		2 specialists Class E,F											2 specialists Class K,L				
9:30am-10:30am																	



10:30am-11:30am	2			gym setup	gym setup	gym setup			gym setup	gym setup	gym setup					
11:30am-12:30pm	3	3 specialists Class A,B,G		2 specialists Class A,B	2 specialists Class G,H	3 specialists Class A,B,F			2 specialists Class C,D	2 specialists Class I,J	3 specialists Class C,D,L		3 specialists Class C,D,E			
12:30pm-1:30pm																
2:15pm-3:15pm			gym setup									gym setup				
3:15pm-16h15	4	3 specialists Class H,O,P	2 specialists Class M,N	2 specialists Class O,P	2 specialists Class M,N	3 specialists Class E,O,P			2 specialists Class M,N	2 specialists Class G,H	3 specialists Class E,F,K	2 specialists Class G,H	3 specialists Class F,I,J			
4:15pm-5:15pm	5	3 specialists Class C,I,J	3 specialists Class D,K,L	3 specialists Class C,D,H	3 specialists Class E,F,I	3 specialists Class C,D,G			3 specialists Class F,G,H	3 specialists Class A,B,E	3 specialists Class A,O,P	3 specialists Class B,M,N	3 specialists Class A,B,O			
5:15pm-6:15pm	6	2 specialists Class M,N	disassembly	disassembly	1 specialist Class J	2 specialists Class K,L			disassembly	disassembly	disassembly	2 specialists Class K,L	1 specialist Class P			
6:15pm-7:15pm		disassembly			disassembly	disassembly						disassembly	disassembly			
		SEPTEMBER			OCTOBER											
		29	30	1	2	3	4	5	6	7	8	9	10	11	12	
Week	bloc #	13						14								



6:15am-7:15am					gym setup	gym setup					gym setup		gym setup		
7:15am-8:15am	1				2 specialists Class G,H	1 specialist Class P					3 specialists Class A,B,P		2 specialists Class A,B		
8:15am-9:15am															
9:30am-10:h30am				gym setup											
10:30am-11:30am	2	gym setup		2 specialists Class O,P	2 specialists Class I,J	3 specialists Class A,B,O			gym setup		3 specialists Class C,D,O		2 specialists Class E,F		
11:30am-12:30pm	3	2 special ists Class C,D		2 specialists Class M,N	3 specialists Class C,D,L	3 specialists Class I,J,N			3 specialists Class I,J,M		3 specialists Class I,J,M		3 specialists Class G,I,J		
12:30pm-1:30pm															
2:15pm-3:15pm			gym setup							gym setup		gym setup			
3:15pm-16h15	4	2 special ists Class K,L	2 specialists Class I,J	2 specialists Class C,D	3 specialists Class A,B,K	3 specialists Class E,F,M			3 specialists Class N,O,P	2 specialists Class G,H	3 specialists Class E,F,N	2 specialists Class O,P	4 specialists Class C,D,H,M		
4:15pm-5:15pm	5	3 special ists Class N,O,P	3 specialists Class A,E,F	3 specialists Class B,G,H	3 specialists Class E,F,M	3 specialists Class G,H,K			3 specialists Class C,D,E	3 specialists Class A,B,K	2 specialists Class K,L	3 specialists Class F,G,H	3 specialists Class K,L,N		
5:15pm-6:15pm	6	disasse mby	disassembly	disassembly	disassembly	1 specialist Class L			1 specialist Class L	disassembly	disassembly	disassembly	disassembly		
6:15pm-7:15pm						disassembly			disassembly						



OCTOBER															
		13	14	15	16	17	18	19	20	21	22	23	24	25	26
Week	bloc #	15					16								
6:15am-7:15am															
7:15am-8:15am	1														
8:15am-9:15am															
9:30am-10:h30am						gym setup				gym setup					
10:30am-11:30am	2	gym setup	gym setup	gym setup	gym setup	2 specialists Class C,D			gym setup	2 specialists Class M,N	gym setup	gym setup	gym setup		
11:30am-12:30pm	3	2 specialists Class I,J	2 specialists Class C,D	2 specialists Class I,J	3 specialists Class G,H,O	3 specialists Class B,I,J			2 specialists Class K,L	2 specialists Class O,P	2 specialists Class K,L	3 specialists Class E,F,O	2 specialists Class K,L		
12:30pm-1:30pm															
2:15pm-3:15pm															
3:15pm-16h15	4		2 specialists Class A,B		3 specialists Class E,F,P	3 specialists Class A,M,N				2 specialists Class C,D	2 specialists Class A,B	3 specialists Class G,H,P	2 specialists Class M,N		



4:15pm-5:15pm	5	3 specialists Class A,B,F	3 specialists Class G,H,M	3 specialists Class C,E,N	3 specialists Class D,M,N	3 specialists Class E,F,O			3 specialists Class G,H,J	3 specialists Class E,F,I	3 specialists Class I,J,O	3 specialists Class C,D,M	3 specialists Class A,B,I			
5:15pm-6:15pm	6	2 specialists Class K,L	disassembly	2 specialists Class K,L	disassembly	3 specialists Class K,L,P			1 specialist Class N	disassembly	1 specialist Class P	disassembly	1 specialist Class J			
6:15pm-7:15pm		disassembly		disassembly		disassembly			disassembly		disassembly		disassembly			
		OCTOBER					NOVEMBER									
		27	28	29	30	31	1	2	3	4	5	6	7	8	9	
Week	bloc #	17							18							
6:15am-7:15am						gym setup							gym setup			
7:15am-8:15am	1					2 specialists Class I,J							2 specialists Class I,J			
8:15am-9:15am																
9:30am-10:30am				gym setup							gym setup					
10:30am-11:30am	2	gym setup		2 specialists Class A,B	gym setup	2 specialists Class K,L			gym setup		2 specialists Class I,J		2 specialists Class M,N			



11:30am-12:30pm	3	3 specialists Class E,F,K		2 specialists Class E,F	2 specialists Class A,B	2 specialists Class E,F			2 specialists Class E,F		2 specialists Class E,F		3 specialists Class E,F,P				
12:30pm-1:30pm																	
2:15pm-3:15pm			gym setup							gym setup		gym setup					
3:15pm-16h15	4	2 specialists Class C,D	2 specialists Class O,P	2 specialists Class M,N	2 specialists Class C,D	2 specialists Class O,P				1 specialist Class N	2 specialists Class K,L	1 specialist Class M	3 specialists Class K,L,O				
4:15pm-5:15pm	5	3 specialists Class G,H,I	3 specialists Class A,B,G	3 specialists Class C,D,H	3 specialists Class J,P,O	3 specialists Class G,H,M			3 specialists Class A,B,N	3 specialists Class C,D,M	3 specialists Class G,H,O	3 specialists Class I,J,K	2 specialists Class G,H				
5:15pm-6:15pm	6	3 specialists Class L,M,N	1 specialist Class J	disassembly	2 specialists Class K,L	1 specialist Class N			1 specialist Class H	1 specialist Class G	1 specialist Class P	1 specialist Class L	disassembly				
6:15pm-7:15pm		disassembly	disassembly		disassembly	disassembly			disassembly	disassembly	disassembly	disassembly					
NOVEMBER																	
		10	11	12	13	14	15	16	17	18	19	20	21	22	23		
Week	bloc #	19								20							
6:15am-7:15am																	



7:15am-8:15am	1													
8:15am-9:15am														
9:30am-10:h30am						gym setup								
10:30am-11:30am	2	gym setup	gym setup	gym setup		2 specialists Class K,L		gym setup			gym setup	gym setup		
11:30am-12:30pm	3	2 specialists Class G,H	2 specialists Class K,L	2 specialists Class G,H		2 specialists Class G,H		2 specialists Class G,H			2 specialists Class O,P	2 specialists Class M,N		
12:30pm-1:30pm														
2:15pm-3:15pm					gym setup				gym setup	gym setup				
3:15pm-16h15	4		2 specialists Class I,J	2 specialists Class O,P	2 specialists Class M,N	2 specialists Class I,J			2 specialists Class K,L	2 specialists Class I,J	2 specialists Class M,N			
4:15pm-5:15pm	5	3 specialists Class F,O,P	3 specialists Class E,M,N	3 specialists Class E,F,L	3 specialists Class I,J,K	3 specialists Class E,F,M		3 specialists Class E,O,P	3 specialists Class F,G,H	3 specialists Class E,F,M	2 specialists Class K,L	3 specialists Class I,J,O		
5:15pm-6:15pm	6	disassembly	disassembly	disassembly	disassembly	1 specialist Class N		disassembly	disassembly	1 specialist Class N	disassembly	1 specialist Class P		
6:15pm-7:15pm						disassembly				disassembly		disassembly		
NOVEMBER							DECEMBER							



		24	25	26	27	28	29	30	1	2	3	4	5	6	7		
Week	bloc #	21								22							
6:15am-7:15am																	
7:15am-8:15am	1																
8:15am-9:15am																	
9:30am-10:30am																	
10:30am-11:30am	2	gym setup		gym setup	gym setup	gym setup			gym setup		gym setup			gym setup			
11:30am-12:30pm	3	2 specialists Class M,N		2 specialists Class M,N	2 specialists Class K,L	2 specialists Class M,N			2 specialists Class M,N		2 specialists Class M,N			2 specialists Class M,N			
12:30pm-1:30pm																	
2:15pm-3:15pm			gym setup														
3:15pm-16h15	4	2 specialists Class K,L	2 specialists Class I,J		2 specialists Class I,J					gym setup							
4:15pm-5:15pm	5	2 specialists Class O,P	2 specialists Class O,P	3 specialists Class I,J,K	disassembly	2 specialists Class O,P			3 specialists Class I,O,P	3 specialists Class J,K,L	2 specialists Class O,P			2 specialists Class O,P			



5:15pm-6:15pm	6	disassembly	disassembly	1 specialist Class L		disassembly		disassembly	disassembly	disassembly		disassembly			
6:15pm-7:15pm				disassembly											
DECEMBER															
		8	9	10	11	12	13	14	15	16	17	18	19	20	21
Week	bloc #	23							24						
6:15am-7:15am															
7:15am-8:15am	1														
8:15am-9:15am															
9:30am-10:30am															
10:30am-11:30am	2	gym setup		gym setup		gym setup			gym setup						
11:30am-12:30pm	3	2 specialists Class O,P		2 specialists Class O,P		2 specialists Class O,P			2 specialists Class O,P						
12:30pm-1:30pm															
2:15pm-3:15pm															



3:15pm-16h15	4								gym setup	gym setup				
4:15pm-5:15pm	5	2 specialists Class M,N		2 specialists Class M,N		2 specialists Class M,N		2 specialists Class M,N	2 specialists Class O,P	2 specialists Class M,N				
5:15pm-6:15pm	6	disassembly		disassembly		disassembly		disassembly	disassembly	disassembly				
6:15pm-7:15pm														

Sample schedule of fitness sessions
 ** provided by way of example **

JULY															
		7	8	9	10	11	12	13	14	15	16	17	18	19	20
Semaine	bloc #	1							2						
4:00pm-5:00pm				gym setup			gym setup		gym setup	gym setup	gym setup	gym setup	gym setup		
5:00pm-6:00pm	1			3 specialists Team Building Class A,B,C,D		2 specialist Class A,B			2 specialist Class C,D	2 specialist Class A,B	2 specialists Class A,B	2 specialist Class C,D	2 specialist Class A,B		



6:00pm-7:00pm	2			disassembly		2 specialist Class C,D			disassembly	3 specialist Class B,C,D	disassembly	disassembly	disassembly				
7:00pm-8:00pm	3					disassembly				disassembly							
8:00pm-9:00pm	4																
9:00pm-10:00pm																	
JULY																	
		21	22	23	24	25	26	27	28	29	30	31	1	2	3		
Semaine	bloc #	3								4							
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup	gym setup				
5:00pm-6:00pm	1	2 specialist Class C,D	2 specialists Class A,B	3 specialists Team Building Class E,F,G,H	2 specialists Class C,D	2 specialists Class E,F			2 specialists Class G,H	2 specialists Class A,B	2 specialists Class C,D	2 specialists Class C,D	2 specialists Class G,H				
6:00pm-7:00pm	2	2 specialists Class A,B	2 specialists Class C,D	disassembly	2 specialists Class A,B	2 specialists Class G,H			2 specialists Class E,F	2 specialists Class G,H	2 specialists Class E,F	2 specialists Class A,B	2 specialists Class E,F				



7:00pm-8:00pm	3	disassembly	disassembly		disassembly			2 specialists Class C,D	disassembly	2 specialists Class A,B	disassembly	disassembly			
8:00pm-9:00pm	4							disassembly		disassembly					
9:00pm-10:00pm															
AUGUST															
		4	5	6	7	8	9	10	11	12	13	14	15	16	17
Semaine	bloc #	5							6						
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup	gym setup		
5:00pm-6:00pm	1	2 specialists Class G,H	2 specialists Class A,B	3 specialists Team Building Class I,J,K,L	2 specialists Class G,H	2 specialists Class K,L			2 specialists Class K,L	2 specialists Class A,B	2 specialists Class C,D	2 specialists Class A,B	2 specialists Class C,D		
6:00pm-7:00pm	2	2 specialists Class E,F	2 specialists Class C,D	disassembly	2 specialists Class E,F	2 specialists Class I,J			2 specialists Class C,D	2 specialists Class G,H	2 specialists Class A,B	2 specialists Class E,F	2 specialists Class G,H		
7:00pm-8:00pm	3	2 specialists Class A,B	2 specialists Class G,H		2 specialists Class C,D	2 specialists Class A,B			2 specialists Class E,F	2 specialists Class I,J	2 specialists Class I,J	2 specialists Class K,L	2 specialists Class I,J		



8:00pm-9:00pm	4	disassembly	2 specialists Class E,F		disassembly	2 specialists Class C,D		2 specialists Class G,H	2 specialists Class K,L	disassembly	disassembly	2 specialists Class E,P			
9:00pm-10:00pm			disassembly			disassembly		disassembly	disassembly			disassembly			
AUGUST															
		18	19	20	21	22	23	24	25	26	27	28	29	30	31
Semaine	bloc #	7							8						
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup	gym setup		
5:00pm-6:00pm	1	3 specialists Class E,F,G	4 specialists Class E,F,I,L	3 specialists Team Building Class M,N,O,P	3 specialists Class C,G,H	4 specialists Class B,E,F,O			2 specialists Class O,P	3 specialists Class J,M,N	3 specialists Class A,B,M,G	3 specialists Class C,K,L	3 specialists Class D,K,L		
6:00pm-7:00pm	2	3 specialists Class A,B,D	3 specialists Class G,H,J	disassembly	3 specialists Class B,O,P	4 specialists Class I,K,L,P			2 specialists Class G,H	2 specialists Class A,B	3 specialists Class C,D,N,H	3 specialists Class H,I,J	3 specialists Class M,N,P		
7:00pm-8:00pm	3	3 specialists Class H,I,J	3 specialists Class C,D,K		3 specialists Class A,K,L	3 specialists Class J,M,N			3 specialists Class C,D,I	2 specialists Class E,F	3 specialists Class I,J,O	3 specialists Class E,F,G	3 specialists Class A,B,O		
8:00pm-9:00pm	4	disassembly	disassembly		disassembly	3 specialists Class A,C,D			disassembly	disassembly	3 specialists Class K,L,P	disassembly	2 specialists Class E,F		



9:00pm-10:00pm						disassembly					disassembly		disassembly				
SEPTEMBER																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14		
Semaine	bloc #	9								10							
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup	gym setup				
5:00pm-6:00pm	1	2 specialists Class K,L	3 specialists Class I,J,L	3 specialists Class I,J,D	3 specialists Class E,F,I	3 specialists Class H,O,P			3 specialists Class F,O,C	2 specialists Class O,P	2 specialists Class A,B	2 specialists Class G,H	3 specialists Class J,K,L				
6:00pm-7:00pm	2	2 specialists Class C,D	2 specialists Class A,B	3 specialists Class G,H,A	3 specialists Class A,B,G	3 specialists Class M,N,J			3 specialists Class H,P,D	2 specialists Class E,F	2 specialists Class K,L	2 specialists Class I,J	3 specialists Class A,B,M				
7:00pm-8:00pm	3	2 specialists Class E,F	2 specialists Class O,P	3 specialists Class K,L,B	3 specialists Class C,D,P	3 specialists Class E,F,K			3 specialists Class A,B,N	2 specialists Class G,H	2 specialists Class C,D	2 specialists Class M,N	3 specialists Class E,F,N				
8:00pm-9:00pm	4	disassembly	2 specialists Class G,H	3 specialists Class C,M,N	3 specialists Class M,N,O	disassembly			3 specialists Class I,J,M	2 specialists Class K,L	2 specialists Class E,G	2 specialists Class O,P	3 specialists Class C,D,I				
9:00pm-10:00pm			disassembly	disassembly	disassembly				disassembly	disassembly	disassembly	disassembly	disassembly				
SEPTEMBER																	



		15	16	17	18	19	20	21	22	23	24	25	26	27	28
Semaine	bloc #	11					12								
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup	gym setup		
5:00pm-6:00pm	1	3 specialists Class E,F,P	3 specialists Class D,M,N	3 specialists Class A,B,C	3 specialists Class G,H,K	3 specialists Class A,B,F			3 specialists Class C,D,O	3 specialists Class F,I,J	3 specialists Class C,D,L	3 specialists Class G,H,I	3 specialists Class K,N,P		
6:00pm-7:00pm	2	3 specialists Class A,B,G	3 specialists Class C,I,J	3 specialists Class I,O,P	3 specialists Class M,N,L	3 specialists Class E,O,P			3 specialists Class M,N,P	3 specialists Class G,H,M	3 specialists Class E,F,K	3 specialists Class B,M,N	3 specialists Class C,D,E		
7:00pm-8:00pm	3	3 specialists Class H,J,O	3 specialists Class K,L	3 specialists Class D,H,J	2 specialists Class E,F	3 specialists Class C,D,G			3 specialists Class G,H,L	3 specialists Class A,B,E	3 specialists Class A,O,P	3 specialists Class K,L,M	3 specialists Class F,I,J		
8:00pm-9:00pm	4	2 specialists Class M,N	disassembly	disassembly	disassembly	3 specialists Class I,K,L			disassembly	disassembly	disassembly	disassembly	3 specialists Class A,B,O		
9:00pm-10:00pm		disassembly				disassembly							disassembly		
SEPTEMBER			OCTOBER												
		29	30	1	2	3	4	5	6	7	8	9	10	11	12



Semaine	bloc #	13					14								
		gym setup	gym setup	gym setup	gym setup	gym setup	gym setup	gym setup	gym setup	gym setup	gym setup				
4:00pm-5:00pm															
5:00pm-6:00pm	1	3 specialists Class C,D,G	3 specialists Class I,J,M	3 specialists Class B,O,P	3 specialists Class A,G,H	3 specialists Class P,L,K	3 specialists Class I,J,M	3 specialists Class E,G,H	3 specialists Class A,B,P	3 specialists Class K,O,P	3 specialists Class A,B,N				
6:00pm-7:00pm	2	3 specialists Class K,L,H	3 specialists Class A,E,F	3 specialists Class G,M,N	3 specialists Class I,J,L	3 specialists Class A,B,O	3 specialists Class N,O,P	3 specialists Class A,B,F	3 specialists Class C,D,O	3 specialists Class F,G,H	3 specialists Class E,F,L				
7:00pm-8:00pm	3	3 specialists Class N,O,P	3 specialists Class B,D,K	3 specialists Class C,D,H	3 specialists Class C,E,F	3 specialists Class I,J,N	3 specialists Class C,D,E	3 specialists Class K,L,N	3 specialists Class I,J,M	3 specialists Class C,D,M	3 specialists Class G,I,J				
8:00pm-9:00pm	4	3 specialists Class E,F,M	disassembly	disassembly	disassembly	disassembly	3 specialists Class K,L,H	disassembly	disassembly	disassembly	disassembly				
9:00pm-10:00pm		disassembly					disassembly								
OCTOBER															
		13	14	15	16	17	18	19	20	21	22	23	24	25	26
Semaine	bloc #	15					16								



4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup	gym setup		
5:00pm-6:00pm	1	3 specialists Class G,I,J	3 specialists Class K,L,P	3 specialists Class I,J,P	3 specialists Class G,H,O	3 specialists Class C,D,H			3 specialists Class A,K,L	3 specialists Class G,M,N	2 specialists Class K,L	3 specialists Class E,F,O	3 specialists Class J,K,L		
6:00pm-7:00pm	2	3 specialists Class A,B,F	3 specialists Class A,B,O	3 specialists Class C,E,N	3 specialists Class E,F,P	3 specialists Class B,I,J			3 specialists Class G,H,J	3 specialists Class B,O,P	2 specialists Class A,B	3 specialists Class G,H,P	3 specialists Class D,M,N		
7:00pm-8:00pm	3	3 specialists Class K,L,O	3 specialists Class G,H,M	3 specialists Class F,K,L	3 specialists Class D,M,N	3 specialists Class A,M,N			3 specialist Class E,F,N	3 specialists Class C,D,H	3 specialists Class I,J,O	3 specialists Class C,D,M	3 specialists Class A,B,I		
8:00pm-9:00pm	4	3 specialists Class C,D,E	disassembly	disassembly	disassembly	disassembly			disassembly	3 specialists Class E,F,I	1 specialist Class P	disassembly	disassembly		
9:00pm-10:00pm		disassembly								disassembly	disassembly				
		OCTOBER					NOVEMBER								
		27	28	29	30	31	1	2	3	4	5	6	7	8	9
Semaine	bloc #	17					18								
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup	gym setup			gym setup	gym setup	gym setup	gym setup			



5:00pm-6:00pm	1	3 specialists Class E,F,K	3 specialists Class H,O,P	3 specialists Class A,B,K	3 specialists Class A,B,H	3 specialists Class I,J,M			3 specialists Class E,F,O	3 specialists Class I,N,O	3 specialists Class I,J,O	2 specialist Class L,M			
6:00pm-7:00pm	2	3 specialists Class C,D,O	3 specialists Class A,B,G	3 specialists Class E,F,L	3 specialists Class C,D,I	3 specialists Class K,L,N			3 specialists Class A,B,N	3 specialists Class C,D,M	3 specialists Class E,F,P	3 specialists Class I,J,K			
7:00pm-8:00pm	3	3 specialists Class G,H,I	3 specialist Class C,D,J	3 specialists Class M,N,P	3 specialists Class J,P,O	3 specialists Class E,F,G			3 specialists Class H,M,P	3 specialists Class E,G,H	3 specialists Class K,L,M	disassembly			
8:00pm-9:00pm	4	3 specialists Class L,M,N	disassembly	disassembly	disassembly	disassembly			3 specialists Class G,K,L	3 specialists Class F,J,P	3 specialists Class G,H,N				
9:00pm-10:00pm		disassembly							disassembly	disassembly	disassembly				
NOVEMBER															
		10	11	12	13	14	15	16	17	18	19	20	21	22	23
Semaine	bloc #	19								20					
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup				gym setup	gym setup	gym setup	gym setup			
5:00pm-6:00pm	1	3 specialists Class G,H,N	3 specialists Class F,K,L	3 specialists Class G,H,J	3 specialists Class M,N,O				3 specialists Class G,H,N	3 specialists Class K,L,O	2 specialists Class I,J	2 specialists Class O,P			



6:00pm-7:00pm	2	3 specialists Class F,O,P	3 specialists Class G,I,J	3 specialists Class K,O,P	3 specialists Class I,J,K			3 specialists Class E,O,P	3 specialists Class F,G,H	3 specialists Class E,F,M	2 specialists Class M,N				
7:00pm-8:00pm	3	3 specialists Class E,I,M	3 specialists Class E,M,N	3 specialists Class E,F,L	3 specialists Class H,L,P			3 specialists Class I,J,O	3 specialists Class M,N,P	1 specialist Class N	2 specialists Class K,L				
8:00pm-9:00pm	4	disassembly	disassembly	disassembly	disassembly			disassembly	disassembly	disassembly	disassembly				
9:00pm-10:00pm															
		NOVEMBER						DECEMBER							
		24	25	26	27	28	29	30	1	2	3	4	5	6	7
Semaine	bloc #	21						22							
4:00pm-5:00pm		gym setup	gym setup	gym setup	gym setup			gym setup		gym setup		gym setup			
5:00pm-6:00pm	1	3 specialists Class M,N,O	3 specialists Class I,J,M	3 specialists Class L,M,N	3 specialists Class K,L,P			3 specialists Class J,M,N		3 specialists Class K,M,N		2 specialists Class M,N			
6:00pm-7:00pm	2	3 specialists Class K,L,P	3 specialists Class N,O,P	3 specialists Class I,J,K	3 specialists Class I,J,O			3 specialists Class I,O,P		3 specialists Class L,O,P		2 specialists Class O,P			



7:00pm-8:00pm	3	disassembly	disassembly	disassembly	disassembly			disassembly		disassembly		disassembly			
8:00pm-9:00pm	4														
9:00pm-10:00pm															
DECEMBER															
		8	9	10	11	12	13	14	15	16	17	18	19	20	21
Semaine	bloc #	23							24						
4:00pm-5:00pm		gym setup		gym setup		gym setup			gym setup	gym setup					
5:00pm-6:00pm	1	2 specialists Class O,P		2 specialists Class O,P		2 specialists Class O,P			2 specialists Class O,P	2 specialists Class M,N					
6:00pm-7:00pm	2	2 specialists Class M,N		2 specialists Class M,N		2 specialists Class M,N			2 specialists Class M,N	2 specialists Class O,P					
7:00pm-8:00pm	3	disassembly		disassembly		disassembly			disassembly	disassembly					



8:00pm-9:00pm	4														
9:00pm-10:00pm															

ALL OTHER TERMS AND CONDITIONS REMAIN UNCHANGED