



## 283 Air Weekly Routine Orders

Date: Wed 26-Nov-25

RO No. 25-048 Revision: A

CAF Member Dress: Civilian Attire

Duty Personnel:

Cadet Dress: PT Gear

Duty Officer: 2Lt Sean Madden

### Training Night Routine:

(All times 24hr clock)

	Start	Finish
Arrival	1830	
Fall-In / Inspection / Opening	1845	1855
Period One	1900	1925
Break	1925	1930
Period Two	1930	2000
Break	2000	2015
Period Three	2020	2050
Fall-In / Closing	2055	2125
Dismissal Time	2130	

Duty NCO: FCpl Capannelli  
 Alternate Duty NCO: FCpl Mai Habib  
 Duty Flight: 4

### Weekly Training

		Period 1 1900 to 1925		1930	Period 2 to 2000		2020	Period 3 to 2050	
Level One	PO/EO	MX04.02			MX04.02			MX04.02	
	PO Title	Fitness & Health			Fitness & Health			Fitness & Health	
	Location	Gym/ Cafeteria			Gym/ Cafeteria			Gym/ Cafeteria	
	Instructor	N/A			N/A			N/A	
Level Two	PO/EO	MX04.02			MX04.02			MX04.02	
	PO Title	Fitness & Health			Fitness & Health			Fitness & Health	
	Instructor	Gym/ Cafeteria			Gym/ Cafeteria			Gym/ Cafeteria	
	Location	N/A			N/A			N/A	
Level Three	PO/EO	MX04.02			MX04.02			MX04.02	
	PO Title	Fitness & Health			Fitness & Health			Fitness & Health	
	Location	Gym/ Cafeteria			Gym/ Cafeteria			Gym/ Cafeteria	
	Instructor	N/A			N/A			N/A	
Level Four	PO/EO	MX04.02			MX04.02			MX04.02	
	PO Title	Fitness & Health			Fitness & Health			Fitness & Health	
	Location	Gym/ Cafeteria			Gym/ Cafeteria			Gym/ Cafeteria	
	Instructor	N/A			N/A			N/A	