



Ottawa Athletic Club CLASS SCHEDULE

EFFECTIVE: MONDAY, MARCH 10, 2008

NEW TIME!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am – 6:45am Lean & Fit		6:00am – 6:45am Lean & Fit		6:00am – 6:45am Lean & Fit	8:00am – 8:45am Lean & Fit
	7:00am – 7:45am Lean & Fit		7:00am – 7:45am Lean & Fit		9:00am – 9:45am Lean & Fit
12:15pm – 1:00pm Lean & Fit		12:15pm – 1:00pm Lean & Fit		12:15pm – 1:00pm Lean & Fit	
5:00pm – 5:45pm Lean & Fit		5:00pm – 5:45pm Lean & Fit			
6:00pm – 6:45pm Lean & Fit	6:00pm – 6:45pm Lean & Fit	6:00pm – 6:45pm Lean & Fit	6:00pm – 6:45pm Lean & Fit	6:00pm – 6:45pm Lean & Fit	

GRECO'S LEAN & FIT

OTTAWA ATHLETIC CLUB 613-523-SLIM (7546)