



BARRHAVEN LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00am-6:45am Lean+Fit	6:00am-6:45am Lean+Fit	6:00am-6:45am Lean+Fit	6:00am-6:45am Lean+Fit	6:00am-6:45am Lean+Fit		
						7:00am-7:45am Lean+Fit	
		8:00am-8:45am Lean+Fit		8:00am-8:45am Lean+Fit		7:45am-8:30am Lean+Fit	8:00am-8:45am Lean+Fit
						8:30am-9:15am Lean+Fit	
						8:30am-9:15am OVERDRIVE	
LUNCH	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm Lean+Fit		
	1:15 pm -2:00 pm L+F4Life		1:15 pm -2:00 pm L+F4Life		1:15 pm -2:00 pm L+F4Life		
EVENING	4:00pm-4:45pm Lean+Fit		4:00pm-4:45pm Lean+Fit	4:00pm-5:00pm Yoga	4:00pm-4:45pm 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 Strength		
	6:45pm-7:30pm Lean+Fit	7:00pm-7:45pm OVERDRIVE	6:45pm-7:30pm Lean+Fit	6:30pm-7:15pm OVERDRIVE			
			7:30pm-8:15pm OVERDRIVE	7:30pm-8:15pm Lean+Fit			
	8:15pm-9:00pm Strength	8:15pm-9:00pm Lean+Fit	8:15pm-9:00pm Strength	8:15pm-9:00pm Lean+Fit			

*Indicates an extra charge

Barrhaven Location: 613.825.0498 -- 3023 Cedarview Road, Ottawa Ontario, K2J 4A8 // Effective: May 24th, 2010
Studio Hours: Mon to Thu 6:00am-9:00pm // Fri 6:00am-8:00pm // Sat 7:00am-12:30pm // Sun 8:00am-11:30pm

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