



## 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	
	9:30am-10:15am Lean+Fit		9:30am-10:15am Lean+Fit		9:30am-10:15am Lean+Fit		
LUNCH	11:15am-11:45am Lean+Fit EXTREME		11:15am-11:45am Lean+Fit EXTREME				
	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		
	4:00pm-4:45pm Lean+Fit		4:00pm-4:45pm Lean+Fit		4:00pm-4:45pm Lean+Fit		
	5:00pm-5:45pm <b>6PackAbs*</b>	5:00pm-5:45pm Lean+Fit	5:00pm-5:45pm <b>6PackAbs*</b>		5:00pm-5:45pm Lean+Fit		
	6:00pm-6:45pm Lean+Fit	6:00pm-6:45pm Lean+Fit	6:00pm-6:45pm Lean+Fit		5:45pm-6:00pm <b>6PackAbs*</b>		
	6:45pm-7:30pm Lean+Fit	7:00pm-7:30pm Lean+Fit EXTREME	6:45pm-7:30pm Lean+Fit	6:45pm-7:15pm Lean+Fit EXTREME			
				7:30pm-8:15pm Lean+Fit			
		8:15pm-9:00pm Lean+Fit		8:15pm-9:00pm Lean+Fit			

\*Indicates an extra charge

**Barrhaven Location:** 613.825.0498 -- 3023 Cedarview Road, Ottawa Ontario, K2J 4A8 // **Effective: January 16, 2012**

**Studio Hours:** Mon to Thu 6:00am-9:00pm // Fri 6:00am-8:00pm // Sat 7:00am-12:30pm // Sun 8:00am-9:00am

**LIVE LEAN LIVE FIT LIVE WELL**