



BEECH ST. 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		
	8:00am-8:45am Lean+Fit		8:00am-8:45am Lean+Fit		8:00am-8:45am Lean+Fit	8:00am-8:45am Lean+Fit	9:00am-9:45am Lean+Fit
						9:00am-9:45am Lean+Fit	10:00am-10:45am Lean+Fit
LUNCH	12:15pm-1:00pm Lean+Fit	12:15pm-1:00pm Lean+Fit	12:15pm-1:00pm Lean+Fit	12:15pm-1:00pm Lean+Fit	12:15pm-1:00pm Lean+Fit		
EVENING	4:30pm-5:15pm Lean+Fit		4:30pm-5:15pm Lean+Fit	5:00pm-6:00pm Consultations	4:30pm-5:15pm Lean+Fit		
	5:45pm-6:30pm Lean+Fit	5:45pm-6:30pm Lean+Fit	5:45pm-6:30pm Lean+Fit	6:45pm-7:30pm Lean+Fit			
	7:30pm-8:30pm Yoga 30*		7:30pm-8:30pm Yoga 30*				

*Indicates an extra charge

Beech St. Location: 613.565.6060 – 34 Beech Street, Ottawa Ontario, K1S 3J6 // Effective: March 6th, 2010

Studio Hours: Mon. to Fri. 6:00am-9:00pm // Sat 8:00am-12:00pm // Sun 9:00am-12:00pm

LIVE **LEAN** LIVE **FIT** LIVE **WELL**