



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		4:30pm-5:15pm Lean+Fit		
		5:30pm-6:15pm Lean+Fit		5:30pm-6:15pm Lean+Fit			
	6:15pm-7:00pm Lean+Fit	Consultations 6:00-7:00pm	6:15pm-7:00pm Lean+Fit				
	7:45pm-8:45pm Hot Power Yoga *		7:45pm-8:45pm Hot Power Yoga *				

*Indicates an extra charge

Beech St. Location: 613.565.6060 – 34 Beech Street, Ottawa Ontario, K1S 3J6 // Effective: March 28, 2011

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

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