



KANATA 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		
	7:00am-7:45am Lean+Fit	7:00am-7:45am Lean+Fit	7:00am-7:45am Lean+Fit	7:00am-7:45 Lean+Fit	7:00am-7:45am Lean+Fit	7:30am-8:15pm Lean+Fit	
	8:15am-9:00am Lean+Fit		8:15am-9:00am Lean+Fit		8:15am-9:00am Lean+Fit	8:30am-9:15am Lean+Fit	
	10:00am-10:45am L+F4Life	9:15am-10:00am Lean+Fit	10:00am-10:45am L+F4Life	9:15am-10:00am Lean+Fit	10:00am-10:45am L+F4Life	9:30am-10:15am Lean+Fit	9:00am-9:45am Lean+Fit
LUNCH	11:00am-11:45am Lean+Fit	11:00am-11:45 Lean+Fit	11:00am-11:45am Lean+Fit	11:00am-11:45 Lean+Fit	11:00am-11:45am Lean+Fit	10:30am-11:15am L+F4Life	10:00am-10:45am Lean+Fit
	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm Yoga 30*	12:00pm-12:45pm Lean+Fit		12:00pm-12:45pm Lean+Fit	10:30am-11:30am Yoga 30*	11:00am-11:45am Lean+Fit
EVENING	4:30pm-5:15 L+F4Life	4:00pm-4:45pm Lean+Fit	4:30pm-5:15 L+F4Life	4:00pm-4:45 Lean+Fit	4:30pm-5:15pm L+F4Life		
	5:15pm-6:00pm Lean+Fit		5:15pm-6:00pm Lean+Fit		5:15pm-6:00pm Lean+Fit		
	6:00pm-6:45pm Lean+Fit	6:30pm-7:15pm Lean+Fit	6:00pm-6:45pm Lean+Fit	6:30pm-7:15 Lean+Fit	6:15pm-7:00pm Lean+Fit		
	7:00pm-7:45pm Lean+Fit		7:00pm-7:45pm Lean+Fit				

*Indicates an extra charge

Kanata Location (613) 591-0348 -- 100 Schneider Road Kanata, Ontario, K2K 1Y2 // Effective: Sept 1st, 2010
 Studio Hours: Mon to Thu 6:00am-9:00pm // Fri 6:00am-7:30pm // Sat 8:00am-1:00pm // Sun 8:30am-12:30PM

LIVE LEAN LIVE FIT LIVE WELL