



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	7:30am-8:15pm Lean+Fit	
	7:00am-7:30am 7:30am-8:00am EXTREME lean+fit	7:00am-7:45am Lean+Fit	7:00am-7:30am 7:30am-8:00am EXTREME lean+fit	7:00am-7:45am Lean+Fit	7:00am-7:30am 7:30am-8:00am EXTREME lean+fit	8:30am- 9:15am Lean+Fit	
	7:15am-8:00am 6PackAbs*		7:15am-8:00am 6PackAbs*		7:15am-8:00am 6PackAbs*		
	8:15am-9:00am Lean+Fit	9:15am-10:00am Lean+Fit	8:15am-9:00am Lean+Fit	9:15am-10:00am Lean+Fit	8:15am- 9:00am Lean+Fit	9:30am-10:15am Lean+Fit	9:00am-9:45am Lean+Fit
	10:00am-10:45am L+F 4 Life		10:00am-10:45am L+F 4 Life		10:00am-10:45am L+F 4 Life	10:30am-11:15am L+F 4 Life	10:00am-10:45am Lean+Fit
LUNCH	11:00am-11:45am Lean+Fit	11:00am-11:45am Lean+Fit	11:00am-11:45am Lean+Fit	11:00am-11:45am Lean+Fit	11:00am-11:45am Lean+Fit	10:30am-11:00am EXTREME lean+fit	11:00am-11:45am Lean+Fit
	12:00pm-12:45pm Lean+Fit		12:00pm-12:45pm Lean+Fit		12:00pm-12:45pm Lean+Fit		
EVENING	4:30pm-5:15pm L+F 4 Life	4:00pm-4:45pm Lean+Fit	4:30pm-5:15pm L+F 4 Life	4:00pm-4:45pm Lean+Fit	4:30pm-5:15pm L+F 4 Life		
	4:30pm-5:15pm 6PackAbs*		4:30pm-5:15pm 6PackAbs*		4:30pm-5:15pm 6PackAbs*		
	5:15pm-6:00pm Lean+Fit	6:00pm-6:45pm Lean+Fit	5:15pm-6:00pm Lean+Fit	6:30pm-7:15pm Lean+Fit	5:15pm-6:00pm Lean+Fit		
	6:15pm-6:45pm EXTREME lean+fit	7:00pm-7:45pm Lean+Fit	6:15pm-6:45pm EXTREME lean+fit		6:15pm-6:45pm EXTREME lean+fit		
	7:00pm-7:45pm Lean+Fit		7:00pm-7:45pm Lean+Fit				

Kanata Location (613) 591-0348 -- 100 Schneider Road Kanata, Ontario, K2K 1Y2 // Effective: January 16, 2012
 Studio Hours: Mon to Thu 6:00am-9:00pm // Fri 6:00am-7:30pm // Sat 7:00am-12:00pm // Sun 8:30am-12:30PM

LIVE LEAN LIVE FIT LIVE WELL