



## MANOTICK 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		
	8:15am-9:00am Lean+Fit		8:15am-9:00am Lean+Fit		8:15am-9:00am Lean+Fit	8:00am-8:45am Lean+Fit	
	9:15am-10:00am Lean+Fit	9:15am-10:00am <b>6PackAbs*</b>	9:15am-10:00am Lean+Fit	9:15am-10:00am <b>6PackAbs*</b>	9:15am-10:00am Lean+Fit	9:00am-9:45am Lean+Fit	9:00am-9:45am Lean+Fit
	10:15am-11:00am L+F <b>4</b> Life	9:15am-9:40am <b>EXTREME</b> lean+fit	10:15am-11:00am L+F <b>4</b> Life		10:15am-11:00am L+F <b>4</b> Life	10:00am-10:45am Lean+Fit	10:00am-10:45am Lean+Fit
LUNCH						11:00am-11:45am <b>6PackAbs*</b>	
		12:00pm-12:45pm Lean+Fit		12:00pm-12:45pm Lean+Fit		11:00am-11:25am <b>EXTREME</b> lean+fit	
EVENING	4:30pm-5:15pm <b>6PackAbs*</b>	5:00pm-5:45pm <b>6PackAbs*</b>		5:00pm-5:45pm <b>6PackAbs*</b>			
	4:45pm-5:30pm Lean+Fit	5:00pm-6:00pm Strength *	5:00pm-5:45pm Lean+Fit	5:00pm-6:00pm Strength *	5:30pm-6:15pm Lean+Fit		
	5:30pm-6:15pm Lean+Fit	5:30pm-6:15pm Lean+Fit	6:00pm-6:45pm Lean+Fit	6:15pm-7:00pm Lean+Fit			
	6:15pm-7:00pm Lean+Fit	6:15pm-7:00pm Lean+Fit	6:45pm-7:45pm <b>EXTREME</b> lean+fit	7:00pm-7:45pm Lean+Fit			
	7:00pm-7:45pm Lean+Fit						

\* indicates an extra charge, please check with the school for program availability

**Manotick Location:** 613.692.1577 -- 5700 Longshadow Street, Manotick Ontario, K4M 1M2 // Effective: Jan 16, 2012

**LIVE LEAN LIVE FIT LIVE WELL**