



OTTAWA ATHLETIC CLUB LOCATION SCHEDULE
Beginning January 16th, 2012

▼	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	7:00am-7:45am 6PackAbs* Strength & Cardio	
	7:00am-7:30am EXTREME lean+fit	7:00am-7:45am 6PackAbs* Cardiovascular		7:00am-7:45am 6PackAbs* Strength, Cardio & Core		8:00am-8:45am Lean+Fit	
	9:30am-10:15am Lean+Fit	9:15am-10:00am Lean+Fit	9:30am-10:15am Lean+Fit	9:15am-10:00am Lean+Fit	9:30am-10:15am Lean+Fit	9:00am-9:45am Lean+Fit	9:00am-9:45am Lean+Fit
		10:00pm-10:45pm L+F 4 Life		10:00pm-10:45pm L+F 4 Life		10:00am-10:45am L+F 4 Life	10:00am-10:45am Lean+Fit
		11:00pm-11:30pm EXTREME lean+fit					11:00pm-11:30pm EXTREME lean+fit
LUNCH	11:30am-12:15pm Lean+Fit	11:30am-12:15pm 6PackAbs* Cardiovascular	11:30am-12:15pm Lean+Fit	11:30am-12:15pm 6PackAbs* Strength, Cardio & Core	11:30am-12:15pm 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	12:15pm-1:00pm Lean+Fit		
EVENING	New member Consultations 5:30-6:30						
	5:00pm-5:45pm Lean+Fit	5:00pm-5:45pm L+F 4 Life	5:00pm-5:45pm Lean+Fit	5:00pm-5:45pm L+F 4 Life	5:00pm-5:45pm Lean+Fit		
	6:00pm-6:45pm Lean+Fit	6:00pm-6:45pm Lean+Fit	6:00pm-6:45pm Lean+Fit	6:00pm-6:45pm Lean+Fit			
	7:00pm-7:45pm 6PackAbs* Strength & Cardio	7:00pm-7:45pm 6PackAbs* Cardiovascular		7:00pm-7:45pm 6PackAbs* Strength, Cardio & Core			

*Note: there is an extra fee for 6-Pack Abs

Ottawa Athletic Club Location: Cheryl Weir 613.526.5326 or Greco@ottawaathleticclub.com

LIVE LEAN LIVE FIT LIVE WELL