



QUEENSDALE 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-7:30am EXTREME lean+fit	7:00am-7:45am Lean+Fit		7:00am-7:45am Lean+Fit	7:00am-7:30am EXTREME lean+fit		
	8:15am-9:00am L+F4Life		8:15am-9:00am L+F4Life		8:15am-9:00am L+F4Life	8:30am-9:15am Lean+Fit	8:30am-9:15am Lean+Fit
	9:15am-10:00am Lean+Fit		9:15am-10:00am Lean+Fit		9:15am-10:00am Lean+Fit	9:30am- 10:15am Lean+Fit	9:30am- 10:15am Lean+Fit
LUNCH		12:00 am -12:45am Lean+Fit		12:00pm-12:45pm Lean+Fit			
EVENING			4:00pm-4:45pm L+F4Life		3:30pm-4:15pm L+F4Life		
	5:00pm-5:45pm Lean+Fit	5:00pm-5:45pm Lean+Fit	5:00pm-5:45pm Lean+Fit	5:00pm-5:45pm Lean+Fit	4:30pm-5:15pm 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 Lean+Fit	7:00pm-7:30pm EXTREME lean+fit	7:00pm-7:45pm Lean+Fit				

Queensdale Location: 613.695.5326 – 1650 Queensdale, Gloucester Ontario, K1T-1N9 // Effective: January 3rd, 2012
Studio Hours: Mon & Wed 6:00am-8:00pm // Tues & Thurs 7:00am-8:00pm // Fri 6:00am-8:00pm // Sat/Sun 8:30am-10:30am

LIVE LEAN LIVE FIT LIVE WELL