











































BARRHAVEN CLASS SCHEDULE

EFFECTIVE: MARCH 1ST, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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  Lean & Fit	
	8:00am – 8:45am  Lean & Fit		8:00am – 8:45am  Lean & Fit		7:45am – 8:30am  Lean & Fit	8:00am – 8:45am  Lean & Fit
					8:30am – 9:15am  Lean & Fit	
11:30am – 12:15pm  Lean & Fit	11:00am – 11:45am  Lean & Fit 4 Life*	11:30am – 12:15pm  Lean & Fit	11:00am – 11:45am  Lean & Fit 4 Life*	11:30am – 12:15pm  Lean & Fit	9:00am – 9:45am  Lean & Fit 4 Life*	
12:15pm – 1:00pm  Lean & Fit	12:00pm – 12:45pm  Lean & Fit	12:15pm – 1:00pm  Lean & Fit	12:00pm – 12:45pm  Lean & Fit	12:15pm – 1:00pm  Lean & Fit		
4:00pm – 4:45pm  Lean & Fit		4:00pm – 4:45pm  Lean & Fit	4:00pm – 4:45pm  Yoga*	4:00pm – 4:45pm  Lean & Fit		
4:00pm – 4:45pm  Six Pack Abs*	5:00pm – 5:45pm  Lean & Fit	4:00pm – 4:45pm  Six Pack Abs*		4:00pm – 4:45pm  Six Pack Abs*		
6:00pm – 6:45pm  Lean & Fit	6:00pm – 6:45pm  Lean & Fit	6:00pm – 6:45pm  Lean & Fit		5:00pm – 5:45pm  Lean & Fit		
6:45pm – 7:30pm  Lean & Fit		6:45pm – 7:30pm  Lean & Fit		6:00pm – 6:45pm  Strength Class*		
			7:30pm – 8:15pm  Lean & Fit			
8:15pm – 9:00pm  Strength Class*	8:15pm – 9:00pm  Lean & Fit	8:15pm – 9:00pm  Strength Class*	8:15pm – 9:00pm  Lean & Fit			

* INDICATES EXTRA CHARGE