



# SUMMER SCHEDULE

**EFFECTIVE**  
**JULY 18 – AUGUST 31, 2008**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am – 6:45am Lean & Fit		6:00am – 6:45am Lean & Fit		6:00am – 6:45am Lean & Fit	8:00am – 8:45am Lean & Fit
	6:30 – 7:15am Lean & Fit		6:30 – 7:15am Lean & Fit		9:00am – 9:45am 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	
5:00pm – 5:45pm Lean & Fit		5:00pm – 5:45pm Lean & Fit		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 – 8:00pm Strength Training* (June 16-Aug 6)		7:00pm – 8:00pm Strength Training* (June 16-Aug 6)	*EXTRA FEE FOR 8-WEEK PROGRAM		

**WE WILL BE TRYING OUT THESE NEW TIMES FROM**  
**FRIDAY, JULY 18 TO AUGUST 31, 2008.**

If the new times inconvenience you or are not effective for your training, please contact me.

Ottawa Athletic Club Greco Lean + Fit Program  
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