

































Lean + Fit • personal training • athletic training • martial arts • yoga

# PRESTON CLASS SCHEDULE

**EFFECTIVE: MARCH 6<sup>TH</sup>, 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  Six Pack Abs*		7:00am-7:45am  Six Pack Abs*			8:00am-8:45am  Lean & Fit	
8:00am-8:45am  Lean & Fit		8:00am-8:45am  Lean & Fit		8:00am-8:45am  Lean & Fit	9:00am-9:45am  Lean & Fit	9:00am-9:45am  Lean & Fit
9:00-11:15am  Personal Training	9:00-11:15am  Personal Training	9:00-11:15am  Personal Training	9:00-11:15am  Personal Training	9:00-11:15am  Personal Training	10:00 -12:00pm  Personal Training	10:00-10:45am  Lean & Fit
12:15 -1:00pm  Lean & Fit	12:15 -1:00pm  Lean & Fit	12:15 -1:00pm  Lean & Fit	12:15 -1:00pm  Lean & Fit	12:15 -1:00pm  Lean & Fit		
1:30-4:15pm  Personal Training	1:30-4:15pm  Personal Training	1:30-4:15pm  Personal Training	1:30-4:15pm  Personal Training	1:30-4:15pm  Personal Training		
4:30pm-5:15pm  Lean & Fit	5:00pm-5:45pm  Six Pack Abs*	4:30pm-5:15pm  Lean & Fit	5:00pm-6:00pm  Consultations	4:30pm-5:15pm  Lean & Fit		
5:45pm-6:30pm  Lean & Fit	5:45pm-6:30pm  Lean & Fit	5:45pm-6:30pm  Lean & Fit	6:45pm -7:30pm  Lean & Fit	5:45pm-6:30pm  Six Pack Abs*		
7:30-8:30pm  Hot Yoga*		7:30-8:30pm  Hot Yoga*				

(\* ) INDICATES AN EXTRA CHARGE

THE SIX PACK ABS PROGRAM WILL BEGIN FEB. 1<sup>ST</sup> 2010  
PLEASE CALL 613-565-6060 FOR MORE INFORMATION.