



KANATA SOUTH 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 STRONG	6:00am-6:45am LEAN & FIT		
						8:00am-8:45am LEAN & FIT	
	9:15am-10:00am LEAN & FIT	9:15am-10:00am HARDCORE	9:15am-10:00am LEAN & FIT	9:15am-10:00am STRONG	9:15am-10:00am LEAN & FIT	9:00am-9:45am LEAN & FIT	9:00am-9:45am LEAN & FIT
	10:30am-11:15am ACTIVATE		10:30am-11:15am ACTIVATE		10:30am-11:15am ACTIVATE	10:00am-10:45am HARDCORE	10:00am-10:45am ACTIVATE
LUNCH		11:30am-12:15pm HARDCORE		11:30am-12:15pm STRONG			
	12:00pm-12:45pm LEAN & FIT		12:00pm-12:45pm LEAN & FIT		12:00pm-12:45pm LEAN & FIT		
EVENING	4:30pm-5:15pm LEAN & FIT	4:30pm-5:15pm ACTIVATE	4:30pm-5:15pm LEAN & FIT	4:30pm-5:15pm ACTIVATE	4:15pm-5:00pm LEAN & FIT		
	5:30pm-6:15pm LEAN & FIT	5:30pm-6:15pm HARDCORE	5:30pm-6:15pm LEAN & FIT	5:30pm-6:15pm STRONG	5:00pm-5:45pm LEAN & FIT		
	6:30pm-7:15pm JR. LEAN & FIT		6:30pm-7:15pm JR. LEAN & FIT				
	7:15pm-8:00pm LEAN & FIT	7:15pm-8:00pm HARDCORE	7:15pm-8:00pm LEAN & FIT	7:15pm-8:00pm STRONG			



- Entry Level
- Low Impact



- Advanced Level
- Bonuses



- HIIT Training
- 1:15m Stations | 2 rounds



- Repetition Based
- Strength Training

Kanata South Location (613) 836-0388 -- 95 Abbeyhill Drive Kanata, Ontario, K2L 1G5
 Studio Hours: Mon-Thurs 6:00am-8:00pm / Fri 6:00am-6:00pm / Sat 8:00am-11:00am / Sun 9:00am-11:00am
kanatasouth@grecoleanandfit.com

LIVE LEAN LIVE FIT LIVE WELL