
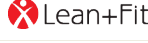



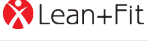



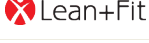
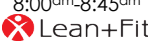
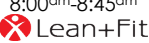

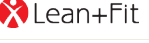






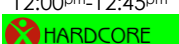
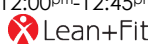
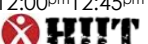
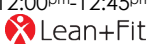
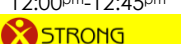



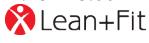
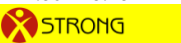
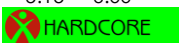


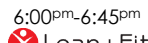
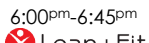




KANATA NORTH LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00am-6:45am  HARDCORE	6:00am-6:45am  Lean+Fit	6:00am-6:45am  HIT	6:00am-6:45am  Lean+Fit	6:00am-6:45am  STRONG	7:30am-8:15am  Lean+Fit	
	7:00am-7:45am  HARDCORE		7:00am-7:45am  HIT		7:00am-7:45am  STRONG	8:30am-9:15am  Lean+Fit	
		8:00am-8:45am  Lean+Fit		8:00am-8:45am  Lean+Fit		9:30am-10:15am  HARDCORE	9:00am-9:45am  Lean+Fit
		9:30am-10:15am  HIT		9:30am-10:15am  HARDCORE			10:00am-10:45am  HIT
LUNCH	11:00am-11:45am  HARDCORE		11:00am-11:45am  HIT		11:00am-11:45am  STRONG		
	12:00pm-12:45pm  HARDCORE	12:00pm-12:45pm  Lean+Fit	12:00pm-12:45pm  HIT	12:00pm-12:45pm  Lean+Fit	12:00pm-12:45pm  STRONG		
EVENING	4:15pm-5:00pm  HARDCORE	4:15pm-5:00pm  Lean+Fit	4:15pm-5:00pm  HIT	4:15pm-5:00pm  Lean+Fit	4:30pm-5:15pm  STRONG		
	5:15pm-6:00pm  HARDCORE	5:15pm-6:00pm  JUNIOR		5:15pm-6:00pm  JUNIOR			
		6:00pm-6:45pm  Lean+Fit		6:00pm-6:45pm  Lean+Fit			
	7:00pm-7:45pm  HARDCORE		7:00pm-7:45pm  HIT				

 Pre-registration required \*Sports specific training

**Kanata Location** (613) 591-0348 -- 100 Schneider Road Kanata, Ontario, K2K 1Y2 // Effective: February 27, 2017  
 Studio Hours: Mon-Fri 6:00am-9:00pm // Sat 8:00am-11:30am // Sun 9:00am-11:00am //

**LIVE LEAN LIVE FIT LIVE WELL**



KANATA NORTH LOCATION SCHEDULE