



## WESTBORO 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 Lean+Fit		
		7:00am-7:45am Lean+Fit		7:00am-7:45am HARDCORE		8:30am- 9:15am Lean+Fit	8:15am- 9:15am HARDCORE
	8:15 am-9:00am Lean+Fit	9:15 am-10:00am Lean+Fit	8:15 am-9:00am HARDCORE	9:15 am-10:00am Lean+Fit	8:15 am-9:00am Lean+Fit	9:30am- 10:15am Lean+Fit	9:30am-10:30am HARDCORE
	10:00am-10:45am ACTIVATE		10:00am-10:45am ACTIVATE		10:00am-10:45am ACTIVATE	10:30am- 11:30am STRONG	
LUNCH							
	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm HARDCORE	12:00pm-12:45pm HARDCORE	12:00pm-12:45pm Lean+Fit		
PM / EVENING	4:00pm-4:45pm Lean+Fit	4:30pm-5:00pm OverDrive	4:00pm-4:45pm HARDCORE	4:30pm-5:00pm EXTREME lean+fit	4:00pm-4:45pm Booty Lower Body STRONG	<b>12 Person Max For All STRONG Classes</b> <b>**Call Day Of To Reserve**</b>	
	5:00pm-5:45pm STRONG	5:30pm-6:15pm Lean+Fit	5:00pm-5:45pm HARDCORE	5:30pm-6:15pm Lean+Fit	5:00pm-5:45pm Lean+Fit		
	6:00pm-6:45pm Lean+Fit	6:30pm-7:15pm Lean+Fit	6:00pm-6:45pm HARDCORE	6:30pm-7:15pm Lean+Fit			
	<b>12 Person Max For All STRONG Classes</b> <b>**Call Day Of To Reserve**</b>	GRECO FLOW YOGA w/Dave Foster 7:30pm-8:30pm		GRECO FLOW YOGA w/Dave Foster 7:30pm-8:30pm	<b>12 Person Max For All STRONG Classes</b> <b>**Call Day Of To Reserve**</b>		

**Westboro Location:** 613.725.LEAN -- 411 Roosevelt Ave., Ste. 100, Ottawa Ontario, K2A 3X9 -- **Effective: February 1, 2017**  
 Studio Hours: Mon 6:00am-7:00pm // Wed 6:00am-7:00pm // Tues + Thurs 7:00am-7:30 pm // Fri 6:00am- 6:00pm // Sat 8:30am-11:30am // Sun 8:15am-10:30am

**LIVE LEAN LIVE FIT LIVE WELL**