



700 SUSSEX LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	7:00am-7:45am STRONG	7:00am-7:45am LEAN & FIT	7:00am-7:45am LEAN & FIT	7:00am-7:45am HARDCORE	7:00am-7:45am LEAN & FIT		
	7:45am-11:30am <b style="color: red;">Open Gym					10:00am-10:45am STRONG	10:00am-10:45am LEAN & FIT
						11:00am-11:45PM STRONG	11:00am-11:45am LEAN & FIT
LUNCH	11:30am-12:15pm STRONG	11:30am-12:15pm LEAN & FIT	11:30am-12:15pm LEAN & FIT	11:30am-12:15pm HARDCORE	11:30am-12:15pm LEAN & FIT		
	12:15pm-1:00pm STRONG	12:15pm-1:00pm LEAN & FIT	12:15pm-1:00pm LEAN & FIT	12:15pm-1:00pm HARDCORE	12:15pm-1:00pm LEAN & FIT		
EVENING	1:00pm-4:30pm <b style="color: red;">Open Gym						
	4:30pm-5:15pm STRONG	4:30pm-5:15pm LEAN & FIT	4:30pm-5:15pm LEAN & FIT	4:30pm-5:15pm HARDCORE	4:30pm-5:15pm LEAN & FIT		
	5:30pm-6:15pm STRONG	5:30pm-6:15pm LEAN & FIT	5:30pm-6:15pm LEAN & FIT	5:30pm-6:15pm HARDCORE	5:30pm-6:15pm LEAN & FIT		

Open Gym and One on One Personal Training Available All Day

Sussex Drive Location: 613.695.6466 -- 700 Sussex Drive (2nd Floor) Ottawa Ontario, K1N 5P3 // **Effective: February 6th, 2017**

Studio Hours: Mon to Fri 6:30am-7:30pm // Sat 9:30am-12:30pm // Sun 9:30am-12:30pm

LIVE LEAN LIVE FIT LIVE WELL