



UPPER HUNT CLUB LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00 ^{am} -6:45 ^{am} Lean+Fit	6:00 ^{am} -6:45 ^{am} HARDCORE	6:00 ^{am} -6:45 ^{am} Lean+Fit	6:00 ^{am} -6:45 ^{am} Lean+Fit	6:00 ^{am} -6:45 ^{am} Lean+Fit		
		7:00 ^{am} -7:45 ^{am} HARDCORE		7:00 ^{am} -7:45 ^{am} Lean+Fit	7:00 ^{am} -7:45 ^{am} Lean+Fit	7:30 ^{am} – 8:15 ^{am} Lean+Fit	
	8:00 ^{am} -9:00 ^{am} YOGA					8:30 ^{am} -9:15 ^{am} HARDCORE	8:30 ^{am} -9:15 ^{am} Lean+Fit
	9:15 ^{am} -10:00 ^{am} Lean+Fit	9:15-10:00am HARDCORE	9:15 ^{am} -10:00 ^{am} Lean+Fit	9:15-10:00am Lean+Fit	9:15 ^{am} -10:00 ^{am} Lean+Fit	9:30 ^{am} - 10:15 ^{am} HARDCORE	9:30 ^{am} - 10:15 ^{am} Lean+Fit
	10:15 – 11:00 am ACTIVATE		10:15 – 11:00 am ACTIVATE		10:15 – 11:00 am ACTIVATE	10:30 ^{am} - 11:00 ^{am} Glutes & Abs	10:15 – 11:00 am Jr. Lean and Fit
						11:00 ^{am} - 11:45 ^{am} HARDCORE	11:00 ^{am} - 11:45 ^{am} Lean+Fit
LUNCH	12:00 ^{am} -12:45 ^{am} Lean+Fit	12:00 ^{pm} – 12:30 ^{pm} OVERDRIVE	12:00 ^{am} -12:45 ^{am} Lean+Fit	12:00 ^{pm} – 12:30 ^{pm} OVERDRIVE	12:00 ^{pm} -12:45 ^{pm} Lean+Fit		
EVENING	4:00 ^{pm} -4:45 ^{pm} Lean+Fit	4:15 ^{pm} -5:00 ^{pm} Jr. Lean and Fit	4:00 ^{pm} -4:45 ^{pm} Lean+Fit	4:15 ^{pm} – 4:45 ^{pm} OVERDRIVE	4:00 ^{pm} -4:30 ^{pm} EXTREME lean+fit		
	5:00 ^{pm} -5:45 ^{pm} Lean+Fit	4:30 ^{pm} -5:00 ^{pm} EXTREME lean+fit	5:00 ^{pm} -5:45 ^{pm} Lean+Fit	5:00 ^{pm} -5:45 ^{pm} Lean+Fit	4:30 ^{pm} -5:15 ^{pm} Lean+Fit		
	6:00 ^{pm} -6:45 ^{pm} Lean+Fit	5:00 ^{pm} -5:45 ^{pm} HARDCORE	6:00 ^{pm} -6:45 ^{pm} Lean+Fit	6:00 ^{pm} -6:45 ^{pm} Lean+Fit	5:30 ^{pm} -6:15 ^{pm} Jr. Lean and Fit		
	6:45 ^{pm} – 7:15 ^{pm} Glutes & Abs	6:00 ^{pm} -6:45 ^{pm} HARDCORE	6:45 ^{pm} – 7:15 ^{pm} Glutes & Abs				
		7:15 ^{pm} -8:15 ^{pm} YOGA					

Upper Hunt Club Location: 613.695.5326 – 1650 Queensdale, Gloucester Ontario, K1T-1N9 // Effective Jan. 2, 2017
 Studio Hours: Mon - Thurs 6:00^{am}-7:30^{pm} // Fri 6:00^{am}-6:30^{pm} // Sat - Sun 7:30^{am}-1:00^{pm}

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