



KANATA SOUTH LOCATION SCHEDULE

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|---------------------------------|-----------------------------|---------------------------------|---------------------------|-----------------------------|-----------------------------|------------------------------|
| MORNING | 6:00am-6:45am STRONG | 6:00am-6:45am HARDCORE | 6:00am-6:45am LEAN & FIT | 6:00am-6:45am STRONG | 6:00am-6:45am HARDCORE | | |
| | | | | | | 8:00am-8:45am HARDCORE | 8:30am-9:15am LEAN & FIT |
| | 9:15am-10:00am STRONG | 9:15am-10:00am HARDCORE | 9:15am-10:00am LEAN & FIT | 9:15am-10:00am STRONG | 9:15am-10:00am HARDCORE | 9:00am-9:45am HARDCORE | 9:30am-10:15am LEAN & FIT |
| | 10:30am-11:15am ACTIVATE | | 10:30am-11:15am ACTIVATE | | 10:30am-11:15am ACTIVATE | 10:00am-10:45am HARDCORE | 10:30am-11:15am ACTIVATE |
| LUNCH | | 11:30am-12:15pm HARDCORE | | 11:30am-12:15pm STRONG | | | |
| | 12:00pm-12:45pm STRONG | | 12:00pm-12:45pm LEAN & FIT | | 12:00pm-12:45pm HARDCORE | | |
| 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 HARDCORE | | |
| | 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 HARDCORE | | |
| | 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