



## KANATA SOUTH LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
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MORNING	6:00am-6:45am <b>STRONG</b>	6:00am-6:45am <b>HARDCORE</b>	6:00am-6:45am <b>LEAN &amp; FIT</b>	6:00am-6:45am <b>STRONG</b>	6:00am-6:45am <b>HARDCORE</b>			
						8:00am-8:45am <b>HARDCORE</b>	8:30am-9:15am <b>LEAN &amp; FIT</b>	
	9:15am-10:00am <b>STRONG</b>	9:15am-10:00am <b>HARDCORE</b>	9:15am-10:00am <b>LEAN &amp; FIT</b>	9:15am-10:00am <b>STRONG</b>	9:15am-10:00am <b>HARDCORE</b>	9:00am-9:45am <b>HARDCORE</b>	9:30am-10:15am <b>LEAN &amp; FIT</b>	
	10:30am-11:15am <b>ACTIVATE</b>		10:30am-11:15am <b>ACTIVATE</b>		10:30am-11:15am <b>ACTIVATE</b>	10:00am-10:45am <b>HARDCORE</b>	10:30am-11:15am <b>ACTIVATE</b>	
LUNCH		11:30am-12:15pm <b>HARDCORE</b>		11:30am-12:15pm <b>STRONG</b>				
	12:00pm-12:45pm <b>STRONG</b>		12:00pm-12:45pm <b>LEAN &amp; FIT</b>		12:00pm-12:45pm <b>HARDCORE</b>			
EVENING	4:30pm-5:15pm <b>LEAN &amp; FIT</b>	4:30pm-5:15pm <b>ACTIVATE</b>	4:30pm-5:15pm <b>LEAN &amp; FIT</b>	4:30pm-5:15pm <b>ACTIVATE</b>	4:15pm-5:00pm <b>HARDCORE</b>			
	5:30pm-6:15pm <b>LEAN &amp; FIT</b>	5:30pm-6:15pm <b>HARDCORE</b>	5:30pm-6:15pm <b>LEAN &amp; FIT</b>	5:30pm-6:15pm <b>STRONG</b>	5:00pm-5:45pm <b>HARDCORE</b>			
	6:30pm-7:15pm <b>JR. LEAN &amp; FIT</b>		6:30pm-7:15pm <b>JR. LEAN &amp; FIT</b>					
	7:15pm-8:00pm <b>LEAN &amp; FIT</b>	7:15pm-8:00pm <b>HARDCORE</b>	7:15pm-8:00pm <b>LEAN &amp; FIT</b>	7:15pm-8:00pm <b>STRONG</b>				



- 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](mailto:kanatasouth@grecoleanandfit.com)

LIVE LEAN LIVE FIT LIVE WELL