



STITTSVILLE LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00am-6:45am Lean+Fit	6:00am-6:45am Lean+Fit HARDCORE	6:00am-6:45am Lean+Fit		6:00am-6:45am Lean+Fit STRONG	7:30am-8:15am Lean+Fit	
	7:00am-7:45am Lean+Fit	9:15am-10:00am Lean+Fit HARDCORE	7:00am-7:45am Lean+Fit	9:15am-10:00am Lean+Fit	7:00am-7:45am Lean+Fit STRONG	8:30am-9:15am Lean+Fit	9:00am-9:45am Lean+Fit HARDCORE
	9:30am-10:15am Lean+Fit		9:30am-10:15am Lean+Fit		9:30am-10:15am Lean+Fit STRONG	9:30am-10:15am Lean+Fit	10:00am-10:45am Lean+Fit HARDCORE
		10:15am-11:00am Lean+Fit ACTIVATE		10:15am-11:00am Lean+Fit ACTIVATE		10:30am-11:15am Lean+Fit ACTIVATE	
LUNCH	12:00pm-12:45pm Lean+Fit		12:00pm-12:45pm Lean+Fit	11:30am-12:15pm Lean+Fit	12:00pm-12:45pm Lean+Fit STRONG		
EVENING	4:15pm-5:00pm Lean+Fit ACTIVATE	4:15pm-5pm Lean+Fit STRONG	4:15pm-5:00pm Lean+Fit ACTIVATE	4:15pm-5pm Lean+Fit HARDCORE	3:15pm-4pm Lean+Fit		
	5:15pm-6:00pm Lean+Fit		5:15pm-6:00pm Lean+Fit	5:15-6:00pm Lean+Fit	5:15pm-6:00pm Lean+Fit		
	6:15pm-7:00pm Lean+Fit		6:15pm-7:00pm Lean+Fit				
		7:15pm-8:00pm Lean+Fit STRONG		7:15pm-8:00pm Lean+Fit HARDCORE			

Stittsville Location (613) 912-5326 -- 1615 Stittsville Main Street Kanata, Ontario//April 17, 2017

Studio Hours: Mon/Wed 6:00am-7:00pm // Tues 6:00 am -8:00 pm // Thurs 9:15 am- 8:00 pm // Fri 6:00am-6:00pm // Sat 8:15am-12:00am//
Sun 9:00am-11:00am

LIVE LEAN LIVE FIT LIVE WELL