



▼ 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 WICKED WED WORKOUT	11:30am-12:15pm Lean+Fit	12:00pm-12:45pm Lean+Fit STRONG		

EVENING	4:15pm-5:00pm Lean+Fit ACTIVATE	4:30pm-5:15pm Lean+Fit STRONG	4:15pm-5:00pm Lean+Fit ACTIVATE	4:30pm-5:15pm Lean+Fit HARDCORE	3:15pm-4pm Lean+Fit		
	5:15pm-6:00pm Lean+Fit		5:15pm-6:00pm Lean+Fit WICKED WED WORKOUT	5:15-6:00pm Lean+Fit HARDCORE	5:15pm-6:00pm Lean+Fit		
	6:15pm-7:00pm Lean+Fit		6:15pm-7:00pm Lean+Fit WICKED WED WORKOUT	6:15pm-7:00pm KIDS Lean+Fit			
		7:15pm-8:00pm Lean+Fit STRONG		7:15pm-8:00pm Lean+Fit			

ACTIVATE

LEAN & FIT

HARDCORE

STRONG

- Entry level - 45 sec station -1:15 Sec Station -Repetition Base
- Low Impact - Bonus rounds -Advance Level/HIIT - Strength Training

Stittsville Location (613) 912-5326 -- 1615 Stittsville Main Street Kanata, Ontario//May 15, 2017

Studio Hours: Mon/Wed 6:00am-7:15pm // Tues 6:00 am -8:00 pm // Thurs 9:00 am- 8:00 pm // Fri 6:00am-6:00pm // Sat 8:15am-11:30am// Sun 9:00am-11:00am

LIVE LEAN LIVE FIT LIVE WELL