



LITTLE ITALY LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00 ^{am} -6:45 ^{am} STRONG	6:00 ^{am} -6:50 ^{am} HARDCORE	6:00 ^{am} -6:45 ^{am} LEAN & FIT	6:00 ^{am} -6:45 ^{am} STRONG	6:00 ^{am} -6:45 ^{am} LEAN & FIT	7:30 ^{am} -8:20 ^{am} HARDCORE	
	7:00 ^{am} -7:50 ^{am} STRONG		7:00 ^{am} -7:45 ^{am} LEAN & FIT		7:00 ^{am} -7:45 ^{am} LEAN & FIT	8:30 ^{am} -9:20 ^{am} HARDCORE	8:30 ^{am} -9:15 ^{am} LEAN & FIT
	8:00 ^{am} -8:45 ^{am} STRONG	8:00 ^{am} -8:50 ^{am} HARDCORE	8:00 ^{am} -8:45 ^{am} LEAN & FIT	8:00 ^{am} -8:45 ^{am} STRONG	8:00 ^{am} -8:45 ^{am} LEAN & FIT	9:30 ^{am} -10:20 ^{am} HARDCORE	9:30 ^{am} -10:15 ^{am} LEAN & FIT
LUNCH	12:15 ^{pm} -1:00 ^{pm} STRONG	12:15 ^{pm} -1:05 ^{pm} HARDCORE	12:15 ^{pm} -1:00 ^{pm} LEAN & FIT	12:15 ^{pm} -1:00 ^{pm} STRONG	12:15 ^{pm} -1:00 ^{pm} LEAN & FIT	10:30 ^{am} -11:20 ^{am} HARDCORE	10:30 ^{am} -11:15 ^{am} LEAN & FIT
EVENING	4:30 ^{pm} -5:15 ^{pm} STRONG	4:30 ^{pm} -5:20 ^{pm} HARDCORE	4:30 ^{pm} -5:15 ^{pm} LEAN & FIT	4:30 ^{pm} -5:15 ^{pm} STRONG	4:30 ^{pm} -5:15 ^{pm} LEAN & FIT		
	5:30 ^{pm} -6:15 ^{pm} STRONG	5:30 ^{pm} -6:20 ^{pm} HARDCORE	5:30 ^{pm} -6:15 ^{pm} LEAN & FIT	5:30 ^{pm} -6:15 ^{pm} STRONG			
	6:30 ^{pm} -7:15 ^{pm} STRONG	6:30 ^{pm} -7:20 ^{pm} HARDCORE	6:30 ^{pm} -7:15 ^{pm} LEAN & FIT				

One on One Personal Training Available All Day

Little Italy Location (613) 565-6060 – 34 Beech St. Ottawa, Ontario, K1S 3J6
 Studio Hours: Mon to Wed 6:00^{am}-7:30^{pm} // Thurs 6:00^{am}-6:30^{pm} // Fri 6:00^{am}-5:30^{pm} // Sat and Sun 8:30^{am}-11:30^{am}

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