



BARRHAVEN LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00am-6:45am Lean+Fit	6:00am-6:45am STRONG	6:00am-6:45am Lean+Fit	6:00am-6:50am HARDCORE	6:00am-6:45am Lean+Fit		
						7:30am-8:15am Lean+Fit	8:30am-9:20am HARDCORE
	9:30am-10:15am Lean+Fit	9:30am-10:15am STRONG	9:30am-10:15am Lean+Fit	9:30am-10:20am HARDCORE	9:30am-10:15am Lean+Fit	8:30am-9:15am Lean+Fit	9:30am-10:20am HARDCORE
LUNCH	12:00pm-12:45pm Lean+Fit	12:00pm-12:45pm STRONG	12:00pm-12:45pm Lean+Fit	12:00pm-12:50pm HARDCORE	12:00pm-12:45pm Lean+Fit		
EVENING	4:30pm-5:15pm Lean+Fit	4:30pm-5:15pm STRONG	4:30pm-5:15pm Lean+Fit	4:30pm-5:20pm HARDCORE	4:30pm-5:15pm Lean+Fit		
	6:30pm-7:15pm Lean+Fit		6:30pm-7:15pm Lean+Fit				
		7:15pm-8:00pm STRONG		7:15pm-8:00pm HARDCORE			
	8:15pm-8:45pm STRONG			8:15pm-8:45pm STRONG			

Effective September 25th 2016 **Barrhaven Location:** 613.825.0498 -- 3023 Cedarview Road, Ottawa Ontario, K2J 4A8

Studio Hours: Mon to Thu 6:00am-8:00pm // Fri 6:00am-6:00pm // Sat 7:30am-11:30pm // Sun 8:30am-11:30pm

LIVE **LEAN** LIVE **FIT** LIVE **WELL**