
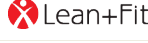



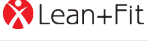


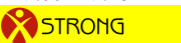
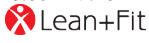
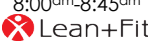
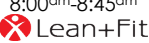
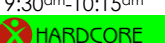
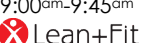
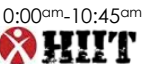

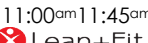

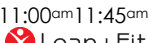

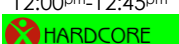
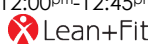
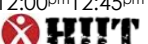
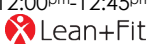
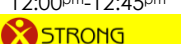



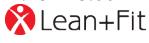
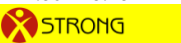
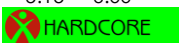


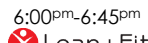
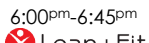
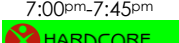
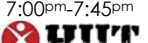


KANATA NORTH LOCATION SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00am-6:45am 	6:00am-6:45am 	6:00am-6:45am 	6:00am-6:45am 	6:00am-6:45am 	7:30am-8:15am 	
	7:00am-7:45am 		7:00am-7:45am 		7:00am-7:45am 	8:30am-9:15am 	
		8:00am-8:45am 		8:00am-8:45am 		9:30am-10:15am 	9:00am-9:45am 
							10:00am-10:45am 
LUNCH	11:00am-11:45am 	11:00am-11:45am 	11:00am-11:45am 	11:00am-11:45am 	11:00am-11:45am 		
	12:00pm-12:45pm 	12:00pm-12:45pm 	12:00pm-12:45pm 	12:00pm-12:45pm 	12:00pm-12:45pm 		
EVENING	4:15pm-5:00pm 	4:15pm-5:00pm 	4:15pm-5:00pm 	4:15pm-5:00pm 	4:30pm-5:15pm 		
	5:15pm-6:00pm 	5:15pm-6:00pm 		5:15pm-6:00pm 			
		6:00pm-6:45pm 		6:00pm-6:45pm 			
	7:00pm-7:45pm 		7:00pm-7:45pm 				

➤ Pre-registration required *Sports specific training

Kanata Location (613) 591-0348 -- 100 Schneider Road Kanata, Ontario, K2K 1Y2 // Effective: May 1, 2017
 Studio Hours: Mon-Fri 6:00am-9:00pm // Sat 8:00am-11:30am // Sun 9:00am-11:00am //

LIVE LEAN LIVE FIT LIVE WELL



KANATA NORTH LOCATION SCHEDULE