



WESTBORO LOCATION SCHEDULE

▼	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00 ^{am} -6:45 ^{am} Lean+Fit		6:00 ^{am} -6:45 ^{am} Lean+Fit		6:00 ^{am} -6:45 ^{am} Lean+Fit		
		7:00 ^{am} -7:45 ^{am} Lean+Fit		7:00 ^{am} -7:45 ^{am} HARDCORE		8:30 ^{am} - 9:15 ^{am} Lean+Fit	8:15 ^{am} - 9:15 ^{am} HARDCORE
	8:15 ^{am} -9:00 ^{am} Lean+Fit	9:15 ^{am} -10:00 ^{am} Lean+Fit	8:15 ^{am} -9:00 ^{am} HARDCORE	9:15 ^{am} -10:00 ^{am} Lean+Fit	8:15 ^{am} -9:00 ^{am} Lean+Fit	9:30 ^{am} - 10:15 ^{am} Lean+Fit	9:30 ^{am} -10:30 ^{am} HARDCORE
	10:00 ^{am} -10:45 ^{am} ACTIVATE		10:00 ^{am} -10:45 ^{am} ACTIVATE		10:00 ^{am} -10:45 ^{am} ACTIVATE	10:30 ^{am} - 11:30 ^{am} STRONG	
LUNCH							
	12:00 ^{pm} -12:45 ^{pm} Lean+Fit	12:00 ^{pm} -12:45 ^{pm} Lean+Fit	12:00 ^{pm} -12:45 ^{pm} HARDCORE	12:00 ^{pm} -12:45 ^{pm} HARDCORE	12:00 ^{pm} -12:45 ^{pm} Lean+Fit		
PM / EVENING	4:00 ^{pm} -4:45 ^{pm} Lean+Fit	4:30 ^{pm} -5:00 ^{pm} OverDrive	4:00 ^{pm} -4:45 ^{pm} HARDCORE	4:30 ^{pm} -5:00 ^{pm} EXTREME lean+fit	4:00 ^{pm} -4:45 ^{pm} Lean+Fit		
	5:00 ^{pm} -5:45 ^{pm} STRONG	5:30 ^{pm} -6:15 ^{pm} Lean+Fit	5:00 ^{pm} -5:45 ^{pm} HARDCORE	5:30 ^{pm} -6:15 ^{pm} Lean+Fit	5:00 ^{pm} -5:45 ^{pm} Lean+Fit		
	6:00 ^{pm} -6:45 ^{pm} Lean+Fit	6:30 ^{pm} -7:15 ^{pm} Lean+Fit	6:00 ^{pm} -6:45 ^{pm} HARDCORE	6:30 ^{pm} -7:15 ^{pm} Lean+Fit		12 Person Max For Saturday & Monday STRONG Classes **Call Day Of To Reserve**	

Westboro Location: 613.725.LEAN -- 411 Roosevelt Ave., Ste. 100, Ottawa Ontario, K2A 3X9 -- **Effective: June 15, 2017**
 Studio Hours: Mon 6:00^{am}-7:00^{pm} // Wed 6:00^{am}-7:00^{pm} // Tues + Thurs 7:00^{am}-7:30^{pm} // Fri 6:00^{am}- 6:00^{pm} // Sat 8:30^{am}-11:30^{am} //
 Sun 8:15^{am}-10:30^{am}

LIVE LEAN LIVE FIT LIVE WELL