



	MON	TUE	WED	THU	FRI	SAT	SUN
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MORNING	6:00 ^{am} -6:45 ^{am} Lean+Fit	6:00 ^{am} -6:45 ^{am} Lean+Fit HARDCORE	6:00 ^{am} -6:45 ^{am} Lean+Fit		6:00 ^{am} -6:45 ^{am} Lean+Fit STRONG	7:30 ^{am} -8:15 ^{am} Lean+Fit	
	7:00 ^{am} -7:45 ^{am} Lean+Fit	9:15 ^{am} -10:00 ^{am} Lean+Fit HARDCORE	7:00 ^{am} -7:45 ^{am} Lean+Fit	9:15 ^{am} -10:00 ^{am} Lean+Fit	7:00 ^{am} -7:45 ^{am} Lean+Fit STRONG	8:30 ^{am} -9:15 ^{am} Lean+Fit	9:00 ^{am} -9:45 ^{am} Lean+Fit HARDCORE
	9:30 ^{am} -10:15 ^{am} Lean+Fit		9:30 ^{am} -10:15 ^{am} Lean+Fit		9:30 ^{am} -10:15 ^{am} Lean+Fit STRONG	9:30 ^{am} -10:15 ^{am} Lean+Fit	10:00 ^{am} -10:45 ^{am} Lean+Fit HARDCORE
		10:15 ^{am} -11:00 ^{am} Lean+Fit ACTIVATE		10:15 ^{am} -11:00 ^{am} Lean+Fit ACTIVATE		10:30 ^{am} -11:15 ^{am} Lean+Fit ACTIVATE	

LUNCH	12:00 ^{pm} -12:45 ^{pm} Lean+Fit		12:00 ^{pm} -12:45 ^{pm} Lean+Fit WICKED WED WORKOUT	11:30 ^{am} -12:15 ^{pm} Lean+Fit	12:00 ^{pm} -12:45 ^{pm} Lean+Fit STRONG		

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

ACTIVATE

LEAN & FIT

HARDCORE

STRONG

WICKED WED WORKOUT

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

Stittsville Location (613) 912-5326 -- 1615 Stittsville Main Street Kanata, Ontario//June19, 2017

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

LIVE LEAN LIVE FIT LIVE WELL