



	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	6:00am-6:45am STRONG	6:00am-6:45am Lean+Fit	6:00am-6:45am HARDCORE	6:00am-6:45am STRONG	6:00am-6:45am Lean+Fit		
	7:00am-9:00am One on One Training					8:00am-8:45am HARDCORE	
	9:30am-10:15am STRONG	9:30am-10:15am Lean+Fit	9:30am-10:15am HARDCORE	9:30am-10:15am STRONG	9:30am-10:15am Lean+Fit	9:00am- 9:45am HARDCORE	9:00am- 9:45am Lean+Fit
						10:00am-10:45am HARDCORE	10:00am-10:45am ACTIVATE
LUNCH	11:30am-12:15pm STRONG	11:30am-12:15pm Lean+Fit	11:30am-12:15pm HARDCORE	11:30am-12:15pm STRONG	11:30am-12:15pm Lean+Fit	11:00am-11:45am TLAFJR (Ages 10-15)	11:00am-11:45am ACTIVATE
	12:15pm-1:00pm STRONG	12:15pm-1:00pm Lean+Fit	12:15pm-1:00pm HARDCORE	12:15pm-1:00pm STRONG	12:15pm-1:00pm Lean+Fit	Lean+Fit Classic Circuit Style Class STRONG No timed stations , strength training HARDCORE High intensity training, lots of cardio and plyometric ACTIVATE Lower Impact, Focus on Mobility	
	1:00pm-4:00pm One on One Personal Training/ Corporate Programs						
EVENING	4:30pm-5:15pm STRONG	4:30pm-5:15pm Lean+Fit	4:30pm-5:15pm HARDCORE	4:30pm-5:15pm STRONG	4:30pm-5:15pm Lean+Fit		
	5:30pm-6:15pm STRONG	5:30pm-6:15pm Lean+Fit	5:30pm-6:15pm HARDCORE	5:30pm-6:15pm STRONG	5:30pm-6:15pm Lean+Fit		
	6:30pm-7:15pm STRONG		6:30pm-7:15pm HARDCORE	6:30pm-7:15pm STRONG			

OAC Location (613) 526-5326 – 2525 Lancaster Road. Ottawa, Ontario, K1B 4L5

Studio Hours: Mon and Wed 6:00am-6:30pm // Tues and Thurs 6:00am-6:00pm // Fri 6:00am-5:30pm // Sat 8:30am-11:00am // Sun 9am-11:00am

LIVE LEAN LIVE FIT LIVE WELL