

# OVER 30 CLASSES TO CHOOSE FROM!!



1050 Upper Gage Avenue  
 Hamilton, ON, L8V 5B7  
 905-385-LEAN (5326)  
 905-574-0408  
[www.leanandfit.ca](http://www.leanandfit.ca)

## SCHEDULE EFFECTIVE January 2012

### ROOM 1 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:30 AM LEAN & FIT		6:00-6:30 AM LEAN & FIT		6:00-6:30 AM LEAN & FIT	8:00-8:30 AM LEAN & FIT
8:45-9:15AM LEAN & FIT		8:45-9:15AM LEAN & FIT		8:45-9:15AM LEAN & FIT	8:45-9:15am LEAN & FIT
9:30 - 10:00 AM LEAN & FIT	9:30 - 10:00 AM LEAN & FIT	9:30 - 10:00 AM LEAN & FIT	9:30 - 10:00 AM LEAN & FIT	9:30 - 10:00 AM LEAN & FIT	
					10:30-11:00 AM LEAN & FIT
4:30-5:00 PM LEAN & FIT	4:30-5:00 PM LEAN & FIT	4:30-5:00 PM LEAN & FIT	4:30-5:00 PM LEAN & FIT	4:30-5:00 PM LEAN & FIT	
5:30-6:00 LEAN & FIT		5:30-6:00PM LEAN & FIT		5:30-6:00 LEAN & FIT	
6:15-6:45pm WEIGHT TRAINING	6:00-6:30 LEAN & FIT		6:00-6:30 LEAN & FIT		
7:00-7:30 PM LEAN & FIT		7:00-7:30PM LEAN & FIT			
	8:00-8:30 PM LEAN & FIT		8:00-8:30 PM LEAN & FIT		

### ROOM 2 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 - 10:00 AM WEIGHT TRAINING			9:30-10:15AM NEW K2B
		4:30 - 5:00 PM WEIGHT TRAINING			
6:00-6:45PM K2K KICKBOX		6:00-6:45 PM K2K KICKBOX	5:30-6:45PM NUTRITION SEMINAR	5:30-6:15PM K2K KICKBOX	
7:30-8:15PM INTERVAL KICKBOX	7:00-7:45PM NEW K2B		7:00-7:45PM INTERVAL KICKBOX		

\*just a reminder that kickbox classes are included in your Lean & Fit membership and you should be attending at least 1 of these classes a week as they are a great way to compliment your Lean & Fit program\*

\*Please be advised weight training classes are at an additional cost

**\*\*Please be advised that classes may change as needed\*\***