



CFSU (O) SHUTTLE

ROUTE 3 – NDHQ

| NDHQ | COVENTRY | LABELLE | MONTFORT | NDHQ |
|--------------|----------|---------|----------|------|
| 0700 | 0715 | 0730 | 0745 | 0800 |
| 0805 | 0820 | 0835 | 0850 | 0905 |
| 0910 | 0925 | 0940 | 0955 | 1010 |
| 1015 | 1030 | 1045 | 1100 | 1115 |
| 1120 | 1135 | 1150 | 1205 | 1220 |
| LUNCH | | | | |
| 1250 | 1305 | 1320 | 1335 | 1350 |
| 1355 | 1410 | 1425 | 1440 | 1455 |
| 1500 | 1515 | 1530 | 1545 | 1600 |

ROUTE 3-A – MONTFORT

| MONTFORT | LABELLE | CONVENTRY | NDHQ | MONTFORT |
|--------------|---------|-----------|------|----------|
| 0730 | 0745 | 0800 | 0815 | 0830 |
| 0830 | 0845 | 0900 | 0915 | 0930 |
| 0930 | 0945 | 1000 | 1015 | 1030 |
| 1030 | 1045 | 1100 | 1115 | 1130 |
| 1130 | 1145 | 1200 | 1215 | 1230 |
| LUNCH | | | | |
| 1300 | 1315 | 1330 | 1345 | 1400 |
| 1400 | 1415 | 1430 | 1445 | 1500 |
| 1500 | 1515 | 1530 | 1545 | 1600 |

MONTFORT = 713 Montreal Road, Ottawa
LABELLE = 4210 Labelle Street, Ottawa
COVENTRY = 285 Coventry Road, Ottawa
NDHQ = 101 Colonel By Drive, Ottawa