



**TOTAL TRANSIT TIME FROM PICK UP TO DELIVERY**

**Expedited Service**

**At Your Door For Pick Up**

FROM		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Deliver</b>	<b>Deliver</b>	<b>Deliver</b>	<b>Deliver</b>	<b>Deliver</b>
Toronto	Vancouver	Thursday	Friday	Monday*	Monday*	Monday*
	Victoria	Friday	Monday*	Tuesday*	Tuesday*	Tuesday*
	Calgary	Thursday	Friday	Monday*	Monday*	Monday*
	Edmonton	Thursday	Friday	Monday*	Monday*	Monday*
	Regina	Thursday	Friday	Monday*	Monday*	Monday*
	Saskatoon	Thursday	Friday	Monday*	Monday*	Monday*
	Winnipeg	Wednesday	Thursday	Friday	Monday*	Monday*

**Regular Service**

**At Your Door For Pick Up**

FROM		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Deliver</b>	<b>Deliver</b>	<b>Deliver</b>	<b>Deliver</b>	<b>Deliver</b>
Toronto	Grand Falls	Monday*	Monday*	Tuesday*	Wednesday*	Thursday*
	Corner Brook	Monday*	Monday*	Tuesday*	Wednesday*	Thursday*
	St. John's	Monday*	Tuesday*	Wednesday*	Thursday*	Friday*
	Sydney	Friday	Monday	Monday	Monday	Tuesday
	Halifax	Thursday	Friday	Monday	Monday	Monday
	Moncton	Thursday	Friday	Monday	Monday	Monday
	Fredericton	Thursday	Friday	Monday	Monday	Monday
	Saint John	Thursday	Friday	Monday	Monday	Monday
	Thunder Bay	Wednesday	Thursday	Friday	Monday	Monday
	Winnipeg	Thursday	Friday	Monday	Monday	Monday
	Regina	Monday*	Monday*	Monday*	Tuesday*	Wednesday*
	Saskatoon	Monday*	Monday*	Monday*	Tuesday*	Wednesday*
	Calgary	Monday*	Monday*	Monday*	Tuesday*	Wednesday*
	Edmonton	Monday*	Monday*	Monday*	Tuesday*	Wednesday*
	Vancouver	Monday*	Monday*	Tuesday*	Wednesday*	Thursday*
	Kamloops	Monday*	Tuesday*	Wednesday*	Thursday*	Friday*

1. \* Denotes the following week delivery.
2. Add 1 day to Toronto times for South Western Ontario points.
3. Add 1 day to transit times for furtherance to beyond points
4. In all cases pick up and delivery are included.