

LIONHEART WELNESS

SCHEDULE AND PRICING

CLASS SCHEDULE

MONDAY

Spin Class: 6 AM
Lionheart Cardio Blast 4:30 PM
Stretch and Tone 5:30 PM

TUESDAY

HIIT: 6:30 AM
Lionheart Cardio Blast: 4:30 PM
Stretch and Tone: 5:30 PM

WEDNESDAY

Spin Class: 6:00 AM
Spin Lunch Power: 12:00 PM
Lionheart Cardio Blast: 4:30 PM
stretch and Tone: 5:30 PM

THURSDAY

HIIT: 6:30 AM
Lionheart Cardio Blast: 4:30 PM
Stretch and Tone: 5:30 PM

FRIDAY

Spin Class: 6:00 AM

For more information, please call:

Overlord Fitness: 706.791.2647

Shemeka Turner: 615.542.2442

Single Class

\$6.00 /60 min 4 Min/35 Max

10 Classes

\$50.00 /60 min 4 Min/35 Max

15 Classes

\$75.00 /60 min 4 Min/35 Max

20 Classes

\$95.00 /60 min 4 Min/35 Max

