



Health, Energy & Love!

Facility & LIVE Online Workouts

2360 Kings Road 32208

September 2021

MONDAY – WEDNESDAY- THURSDAY – SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="color: red; font-weight: bold;">Your Results Are Waiting On You... Invest In You... Stay Focus and Safe “Blessing” Preparing for 25 LIVE</p>			<p>Note: All Class are on Fitnessislifewithlee.com</p> <p style="color: red; font-weight: bold;">Online Workout is Live and Separate Cost</p>	<p>Note: Hip Hop Step (HHS) Online Video and LIVE Classes Time: 6:15am 7:00pm</p>	<p><u>Cost</u> \$ F.I.L.L. Video Online Class(Unlimited)</p>	<p><u>Live Monthly Cost</u> Morning Burn \$30 Evening FIYA \$ 40 Both Sessions\$60 Facility \$50 Daily Class \$5</p>
			<p>1 6am Circuit Trn</p> <p>7pm Legs Abs</p>	<p>2 6am Crunk Legs</p> <p>7pm Weight Tone TBT</p>	<p>3</p>	<p>4</p> <p style="color: red;">9am LIT TV 10:00am HHS Beg All in Facility</p>
5	6 CANCEL	7 6am Tone Abs OD 7pm Adv. Step	8 6am Legs 7pm Circuit Trn	9 6am H2O 7pm Weight Tone TBT	10	11 <p style="color: red;">9am LIT TV 10:00am HHS Beg All in Facility</p>
12	13 6am Hip Hop 7pm Rideout	14 6am Tone OD 7pm Adv. Step	15 6am Crunk 7pm H2O	16 6am Crunk TBT 7pm Crunk TBT	17	18 <p style="color: red;">9am LIT TV 10:00am HHS Beg All in Facility</p>
19	20 6am Tone 7pm Crunk	21 6am H2O OD 7pm Adv. Step	22 6am Crunk Tone 7pm BEAST	23 6am Rideout 7pm Weight Tone TBT	24	25 <p style="color: red;">9am LIT TV 10:30am HHS Beg All in Facility</p>
26	27 6am Rideout 7pm Rideout	28 6am Tone OD 7pm Adv. Step	29 6am Circuit Trn 7pm Legs	30 6am Crunk Legs 7pm Weight Tone TBT	1	2 <p style="color: red;">9am LIT TV 10:30am HHS Beg All in Facility</p>



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