

*Orangetheory
Fitness Lakeland*

CALLING ALL TEACHERS

Life is busy, take an hour just for YOU!
We're offering FREE VIP classes to teachers!
Bring a teacher friend with you for some FUN self-care!

Class times are as early as 5am and as
late as 7pm!

Call TODAY to set up your FREE class!
901-302-6132

2961 Canada Rd. Lakeland, TN 38002



FIRST CLASS FREE!

ORANGETHEORY FITNESS LAKELAND CLASS SCHEDULE							901-302-6132	STUDIO00499@ORANGETHEORYFITNESS.COM
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM			
8:00 AM 90 MIN	6:15 AM	6:15 AM	6:15 AM STRENGTH 50 TOTAL BODY / TREAD 50	6:15 AM	6:15 AM	7:00 AM 90 MIN		
9:45 AM	8:15 AM	8:15 AM	8:15 AM	8:15 AM STRENGTH 50 UPPER / TREAD 50	8:15 AM	8:45 AM		
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:00 AM		
						11:15 AM STRENGTH 50 TOTAL/ TREAD 50		
	12:00 PM	12:00 PM STRENGTH 50 LOWER / TREAD 50	12:00 PM	12:00 PM STRENGTH 50 UPPER / TREAD 50	12:00 PM			
	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM			
	5:45 PM STRENGTH 50 UPPER / TREAD 50	5:45 PM	5:45 PM	5:45 PM	5:45 PM STRENGTH 50 LOWER / TREAD 50			
	7:00 PM		7:00 PM	2961 CANADA ROAD SUITE 111 LAKELAND, TN 38002 901-302-6132				

