

Reservations must be made for ALL classes | 215.545.5144 | lithemethod411@gmail.com | www.lithemethod.com | fithiphealthy.com

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		7:00-8:00am Lithe Method® Skinny Jeans Level Mix—Carla				
					8:30-9:30am Lithe Method® Waist Not Level Mixed—Carla/Steph	
					9:45-10:45am Lithe Method® Hotstepper Level Mixed—Tif	
5:45-6:45pm Lithe Method® Super Fly Level 3—Carla	5:45-6:45pm Lithe Method® High Mini Level 3—Tif	5:45-6:45pm Lithe Method® Arm-istice Level Mix—Carrie	5:45-6:45pm Lithe Method® Thigh High Level Mix—Bari	5:45-6:45pm Lithe Method® Rare Form Level 2—Elizabeth		
7:00-8:00pm Lithe Method® Watershed (Sweet Cheeks begins 6/15) Level Mix—Carla	7:00-8:00pm Lithe Method® Melt Level 2--Tif	7:00-8:00pm Lithe Method® A-List Abs Level 2—Carrie	7:00-8:00pm Lithe Method® Sculpt Level Mix—Krista			
	8:00-9:00pm Lithe Method® Immersion Level 1—Elizabeth Begins 6.9.09 & 7.7.09		8:00-9:00pm Lithe Method® Immersion Level 1—Krista			