

lithe^{method}

ARDMORE
MARCH 2009

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
7:00-8:00 am Lithe Method® Lithe 101 Level 2—Carrie	7:00-8:00 am Lithe Method® Immersion Level 1—Elizabeth (Begins 3.17.09)			7:00-8:00am Lithe Method® Immersion Level 1—Lauren		
8:30-9:30am Lithe Method® Skinny Jeans Level Mixed—Krista	8:30-9:30am Lithe Method® Lithe 101 Level 2—Lauren			8:30-9:30am Lithe Method® Sculpt Level Mixed—Lauren	8:30-9:30am Lithe Method® Skinny Jeans Level Mixed—Carrie/Bari	8:30-9:30am Lithe Method® Lithe 101 Level 2—Carla/Krista
9:45-10:45am Lithe Method® Lithe 101 Level 2—Krista	9:45-10:45am Lithe Method® A-List Abs Level Mixed—Lauren			9:45-10:45am Lithe Method® Skinny Jeans Level Mixed—Lauren	9:45-10:45am Lithe Method® Lithe 101 Level 2—Carrie/Bari	9:45-10:45am Lithe Method® A-List Abs Level Mixed—Carla/Krista
11:00-12:00am Lithe Method® Sculpt Level Mixed—Krista	11:00-12:00am Lithe Method® Immersion Level 1—Krista (Begins 3.17.09)			11:00-12:00am Lithe Method® Immersion Level 1—Lauren		
4:30-5:30pm Lithe Method® Melt Level 2—Tif	4:30-5:30pm Lithe Method® Short Shorts Level Mixed—Krista			4:30-5:30pm Lithe Method® Lithe 101 Level 2—Carrie		
5:45-6:45pm Lithe Method® Skinny Jeans Level Mix-Tif	5:45-6:45pm Lithe Method® Lithe 101 Level 2-Krista			5:45-6:45pm Lithe Method® Skinny Jeans Level Mix-Carrie		
7:00-8:00pm Lithe Method® Lithe 101 Level 2—Carrie	7:00-8:00pm Lithe Method® Waist Not Level 1—Steph					

