



ARDMORE
MAY 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
7:00-8:00am Lithe Method® private/duets/trios by appointment	7:00-8:00am Lithe Method® privates/duets/trios by appointment			7:00-8:00am Lithe Method® privates/duets/trios by appointment		
8:30-9:30am Lithe Method® Sculpt Level Mix—Krista	8:30-9:30am Lithe Method® private/duets/trios by appointment			8:30-9:30am Lithe Method® Watershed Level Mix—Lauren		
9:45-10:45am Lithe Method® High Mini Level Mix—Krista	9:45-10:45am Lithe Method® A-List Abs Level Mix—Lauren/Krista			9:45-10:45am Lithe Method® Arm-istice Level Mix—Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Carrie/Bari	9:45-10:45am Lithe Method® Lithe 101 Level 2—Carla/Krista
11:00-12:00pm Lithe Method® private/duets/trios by appointment	11:00-12:00pm Lithe Method® Immersion Level 1—Lauren/Krista (Begins 5.05.09)			11:00-12:00pm Lithe Method® Immersion Level 1—Lauren	11-12:00am Lithe Method® Lithe Pink Level 2—Steph	
2:00-4:00pm Lithe Method® private/duets/trios by appointment	2:00-4:00pm Lithe Method® private/duets/trios by appointment			2:00-4:00pm Lithe Method® private/duets/trios by appointment		
5:45-6:45pm Lithe Method® Melt Level Mix-Tif	5:45-6:45pm Lithe Method® Skinny Jeans Level Mix-Krista			5:45-6:45pm Lithe Method® A-List Abs Level Mix-Carrie		
7:00-8:00pm Lithe Method® Immersion Level 1-Carrie (Begins 5.04.09)		7:00-8:00pm Lithe Method® Immersion Level 1-Steph				