

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

monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00-8:00am Lithe Method® Fat Free Level Mix-Elizabeth	7:00-8:00am Lithe Method® Waspie Level Mix-Lauren	7:00-8:00am Lithe Method® Sweet Cheeks Level Mix-Tif	7:00-8:00am Lithe Method® Sculpt Level Mix-Tif	7:00-8:00am Lithe Method® Rare Form Level 2-Elizabeth		
8:30-9:30am Lithe Method® Sweet Cheeks (Hot Legs begins 6/15) Level Mix-Lauren	8:30-9:30am Lithe Method® Thigh High Level Mix-Lauren	8:30-9:30am Lithe Method® Higher Power (Thinny begins 6/15) Level 3-Lauren	8:30-9:30am Lithe Method® Melt Level 2-Tif	8:30-9:30am Lithe Method® High Mini Level Mix-Krista	8:30-9:30am Lithe Method® Thigh High Level Mix-Lauren/Nicole	
	9:45-10:45am Lithe Method® Super Fly Level Mix-Carla		9:45-10:45am Lithe Method® Short Shorts Level Mix-Tif		9:45-10:45am Lithe Method® A-list Abs Level 3-Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level Mix-Nicole
4:30-5:30pm Lithe Method® Sweet Cheeks Level Mix-Lauren		4:30-5:30pm Lithe Method® Arm-istice Level Mix-Lauren		4:30-5:30pm Lithe Method® Super Fly Level 3-Carla	11:00-12:00pm Lithe Method® Arm-istice Level Mix-Lauren	11:00-12:00pm Lithe Method® Waist Not Level Mix-Carla
	5:00-6:00pm Lithe Method® Hotstepper Level Mix-Carrie		5:00-6:00pm Lithe Method® Waspie Level Mix-Lauren		12:30-1:30pm Lithe Method® Rare Form Level 2-Elizabeth	
5:45-6:45pm Lithe Method® Waspie Level 3-Lauren		5:45-6:45pm Lithe Method® Watershed (Hot Legs begins 6/15) Level Mix-Lauren/Elizabeth		5:45-6:45pm Lithe Method® Skinny Jeans Level Mix-Bari		
	6:15-7:15pm Lithe Method® A-list Abs Level Mix-Carrie		6:15-7:15pm Lithe Method® Higher Power (Thinny begins 6/15) Level Mix-Lauren			
6:45-7:45pm Lithe Method® High Mini Level Mix-Krista		6:45-7:45pm Lithe Method® Split Level Mix-Krista				
	7:15-8:15pm Lithe Method® Split Level Mix-Carrie		7:15-8:15pm Lithe Method® Thigh High Level Mix-Lauren/Nicole			
8:00-9:00pm Lithe Method® Immersion Level 1-Elizabeth Begins 6.8.09 & 7.6.09		8:00-9:00pm Lithe Method® Immersion Level 1-Krista				