

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 Double Band 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 Double Band 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 | | | | |