



LIBERTIES WALK APRIL 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
					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® Skinny Jeans Level Mix—Bari	5:45-6:45pm Lithe Method® Rare Form Level 2—Elizabeth		
		6:15-7:15pm Lithe Method® Arm-istice Level Mix—Carla				
7:00-8:00pm Lithe Method® Watershed Level Mix—Carla	7:00-8:00pm Lithe Method® Melt Level 2—Tif		7:00-8:00pm Lithe Method® Sculpt Level Mix—Krista			
		7:15-8:15pm Lithe Method® Lithe 101 Level 2—Carla				
	8:00-9:00pm Lithe Method® Immersion Level 1—Elizabeth Begins 4.7.09		8:00-9:00pm Lithe Method® Immersion Level 1—Krista			