



RITTENHOUSE  
APRIL 2009

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® <b>Lithe 101</b> Level Mix—Elizabeth	7:00-8:00am Lithe Method® <b>Split</b> Level Mix—Krista	7:00-8:00am Lithe Method® <b>Watershed</b> Level Mix—Tif	7:00-8:00am Lithe Method® <b>Sculpt</b> Level Mix—Tif	7:00-8:00am Lithe Method® <b>Rare Form</b> Level 2—Elizabeth		
8:30-9:30am Lithe Method® <b>Sweet Cheeks</b> Level Mix—Lauren		8:30-9:30am Lithe Method® <b>Higher Power</b> Level 3—Lauren		8:30-9:30am Lithe Method® <b>High Mini</b> Level Mix—Krista	8:30-9:30am Lithe Method® <b>Sweet Cheeks</b> Level Mix—Lauren	8:30-9:30am Lithe Method® <b>Hotstepper</b> Level Mix—Staff (Begins on 4.18.09)
	9:45-10:45am Lithe Method® <b>Super Fly</b> Level Mix—Carla		9:45-10:45am Lithe Method® <b>Short Shorts</b> Level Mix—Tif		9:45-10:45am Lithe Method® <b>A-list Abs</b> Level 3—Lauren	9:45-10:45am Lithe Method® <b>Skinny Jeans</b> Level Mix—Carrie
4:30-5:30pm Lithe Method® <b>Sweet Cheeks</b> Level Mix—Lauren		4:30-5:30pm Lithe Method® <b>Arm-istice</b> Level Mix—Lauren		4:30-5:30pm Lithe Method® <b>Super Fly</b> Level 3—Carla	11:00-12:00pm Lithe Method® <b>Arm-istice</b> Level Mix—Lauren	11:00-12:00pm Lithe Method® <b>Waist Not</b> Level Mix—Carrie
	5:00-6:00pm Lithe Method® <b>Hotstepper</b> Level Mix—Carrie		5:00-6:00pm Lithe Method® <b>Step Rally</b> Level Mix—Lauren			
5:45-6:45pm Lithe Method® <b>Higher Power</b> Level 3—Lauren		5:45-6:45pm Lithe Method® <b>Watershed</b> Level 2—Elizabeth		5:45-6:45pm Lithe Method® <b>Skinny Jeans</b> Level Mix—Bari		
	6:15-7:15pm Lithe Method® <b>A-list Abs</b> Level Mix—Carrie		6:15-7:15pm Lithe Method® <b>Sweet Cheeks</b> Level Mix—Lauren			
6:45-7:45pm Lithe Method® <b>High Mini</b> Level Mix—Krista		6:45-7:45pm Lithe Method® <b>Split</b> Level Mix—Krista				
	7:15-8:15pm Lithe Method® <b>Split</b> Level Mix—Carrie		7:15-8:15pm Lithe Method® <b>Higher Power</b> Level 3—Lauren			
8:00-9:00pm Lithe Method® <b>Immersion</b> Level 1—Krista Begins 4.6.09 & 5.4.09		8:00-9:00pm Lithe Method® <b>Immersion</b> Elizabeth				