

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

\*Childcare Available 11AM classes Tuesday & Thursday —\$6 per child/reservations required— 12 hour cancellation notice please.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
7:00-8:00am Lithe Method® Lithe 101 Level 2—Krista/Elizabeth	7:00-8:00am Lithe Method® Action Figure Level Mixed—Krista	7:00-8:00am Lithe Method® Watershed Level Mixed—Tif	7:00-8:00am Lithe Method® Skinny Jeans Level Mixed—Tif	7:00-8:00am Lithe Method® Rare Form Level 2—Elizabeth		
8:30-9:30am Lithe Method® Skinny Jeans (Step Rally begins 1.19) Level Mixed—Lauren		8:30-9:30am Lithe Method® Fabu-legs Level Mixed—Lauren		8:30-9:30am Lithe Method® Fat Free (Higher Power begins 1.16) Level Mixed—Lauren	8:30-9:30am Lithe Method® Short Shorts Level Mixed—Lauren	
	9:45-10:45am Lithe Method® Super Fly Level Mixed—Lauren		9:45-10:45am Lithe Method® Melt Level 2—Tif		9:45-10:45am Lithe Method® A-List Abs/Sculpt Level Mixed—Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level Mixed—Carrie
	11:00-12:00pm Lithe Method® High Mini* Level Mixed—Lauren		11--12:00pm Lithe Method® Skinny Jeans (Higher Power begins 1.15) Level Mixed—Lauren		11:00-12:00pm Lithe Method® Homme (begins 1.10) Level Mix—Carrie/Krista	11:00-12:00pm Lithe Method® Waist Not Level Mix—Carrie
4:30-5:30pm Lithe Method® Fabu-legs Level Mixed—Lauren		4:30-5:30pm Lithe Method® Sculpt Level Mixed—Lauren		4:30-5:30pm Lithe Method® Fat Free Level Mixed—Lauren		12:00-1:00pm Lithe Method® Lithe Mama Level Mixed—Staff
5:45-6:45pm Lithe Method® Skinny Jeans (Higher Power begins 1.19) Level Mixed—Lauren		5:45-6:45pm Lithe Method® Watershed Level Mixed—Lauren		5:45-6:45pm Lithe Method® Skinny Jeans (Higher Power begins 1.19) Level Mixed—Lauren/Carrie		
	6:15-7:15pm Lithe Method® A-list Abs Level Mix—Carrie		6:15-7:15pm Lithe Method® Short Shorts (Step Rally begins 1.19) Level Mixed—Krista			
6:45-7:45pm Lithe Method® High Mini Level 3—Lauren		6:45-8:00pm Lithe Method® "10" Pre-Registration Required (begins 1.7)		6:45-8:00pm Lithe Method® "10" Pre-Registration Required Level Mix—Krista/Carrie		
	7:15-8:15pm Lithe Method® Melt Level 2—Tif		7:15-8:15pm Lithe Method® Action Figure Level 3—Krista			
8:00-9:00pm Lithe Method® Immersion Level 1—Lauren Begins 1.5.09 & 2.2.09		8:00-9:00pm Lithe Method® Immersion Krista/Elizabeth				