



RITTENHOUSE MARCH 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® Lithe 101 Level 2—Elizabeth	7:00-8:00am Lithe Method® Higher Power Level 3—Lauren/Krista	7:00-8:00am Lithe Method® Watershed Level Mix—Lauren	7:00-8:00am Lithe Method® Skinny Jeans Level Mix—Lauren/Tif	7:00-8:00am Lithe Method® Rare Form Level 2—Elizabeth		
8:30-9:30am Lithe Method® Step Rally Level Mix—Lauren		8:30-9:30am Lithe Method® High Mini Level Mix—Lauren		8:30-9:30am Lithe Method® Higher Power Level 3—Lauren	8:30-9:30am Lithe Method® Short Shorts Level Mix—Lauren	
	9:45-10:45am Lithe Method® Super Fly Level Mix—Laur/Carla		9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Lauren/Tif		9:45-10:45am Lithe Method® A-List Abs/Sculpt Level Mix—Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Carrie
4:30-5:30pm Lithe Method® Skinny Jeans Level Mix—Lauren		4:30-5:30pm Lithe Method® Arm-istice Level Mix—Lauren		4:30-5:30pm Lithe Method® Fat Free Level 3—Lauren	11:00-12:00pm Lithe Method® Arm-istice Level Mix—Lauren	11:00-12:00pm Lithe Method® Waist Not Level Mix—Carrie
	5:00-6:00pm Lithe Method® Hotstepper Level Mix—Carrie (Begins on 3.17.09)		5:00-6:00pm Lithe Method® Lithe 101 Level 2—Lauren			
5:45-6:45pm Lithe Method® Higher Power Level 3—Lauren		5:45-6:45pm Lithe Method® Watershed Level 2—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® Step Rally 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® A-list Abs Level 2—Carrie		7:15-8:15pm Lithe Method® Higher Power Level 3—Lauren			
8:00-9:00pm Lithe Method® Immersion Level 1—Krista Begins 3.2.09 & 4.6.09		8:00-9:00pm Lithe Method® Immersion Elizabeth				