

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® Cinch Level Mix—Krista		8:30-9:30am Lithe Method® Sculpt Level 1—Krista		8:30-9:30am Lithe Method® Hot Legs Level Mix—Lauren		
9:45-10:45am Lithe Method® High Mini Level Mix—Krista	9:45-10:45am Lithe Method® Waist Not Level Mix—Carla	9:45-10:45am Lithe Method® Sweet Cheeks Level Mix—Krista		9:45-10:45am Lithe Method® Arm-istice Level Mix—Lauren	9:45-10:45am Lithe Method® Thigh High/Super Fly Level Mix—Steph/Bari	9:45-10:45am Lithe Method® Skinny Jeans Mix—Krista/Anne
					11:00-12:00pm Lithe Method® Lithe 101 Level 1—Steph/Bari	
4:30-5:30pm Lithe Method® Waist Not Level Mix—Carrie				4:30-5:30pm Lithe Method® Sweet Cheeks Level Mix—Krista/Carrie		
5:45-6:45pm Lithe Method® Sculpt/A-List Abs Level Mix—Carrie	5:45-6:45pm Lithe Method® High Mini Level Mix—Krista	5:45-6:45pm Lithe Method® Cinch Level Mix—Steph				
7:00-8:00pm Lithe Method® Immersion (begins 12.7) Level 1—Carrie	7:00-8:00pm Lithe Method® Arm-istice Level Mix—Krista	7:00-8:00pm Lithe Method® Immersion Level Mix—Steph				