



# LIBERTIES WALK AUGUST 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® <b>Waist Not</b> Level Mixed—Carla	
					9:45-10:45am Lithe Method® <b>Higher Power</b> Level 3—Tif	
5:45-6:45pm Lithe Method® <b>Super-Fly</b> Level 3—Carla	5:45-6:45pm Lithe Method® <b>Skinny Jeans</b> Level Mix—Tif		5:45-6:45pm Lithe Method® <b>Waspie</b> Level Mix—Bari	5:45-6:45pm Lithe Method® <b>Rare Form</b> Level 2—Eliza/Lauren		
		6:15-7:15pm Lithe Method® <b>Thigh High</b> Level Mix—Nicole				
7:00-8:00pm Lithe Method® <b>Sculpt</b> Level Mix—Carla	7:00-8:00pm Lithe Method® <b>Melt</b> Level 2--Tif		7:00-8:00pm Lithe Method® <b>Split</b> Level Mix—Krista			
	8:00-9:00pm Lithe Method® <b>Immersion</b> Level 1—Elizabeth Begins 8.4.09		8:00-9:00pm Lithe Method® <b>Immersion</b> Level 1—Krista			