



# LIBERTIES WALK SEPT 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® Waist Not Level Mixed—Carla	
					9:45-10:45am Lithe Method® Hotstepper Level 3—Tif	
5:45-6:45pm Lithe Method® Super-Fly Level 3—Carla	5:45-6:45pm Lithe Method® Skinny Jeans Level Mix—Tif		5:45-6:45pm Lithe Method® Waspie Level Mix—Bari			
		6:15-7:15pm Lithe Method® Thigh High Level Mix—Nicole				
7:00-8:00pm Lithe Method® Sculpt Level Mix—Carla	7:00-8:00pm Lithe Method® Melt Level 2--Tif		7:00-8:00pm Lithe Method® Split Level Mix—Krista			
	8:00-9:00pm Lithe Method® Immersion Level 1—Elizabeth Begins 9/8/09		8:00-9:00pm Lithe Method® Immersion Level 1—Krista			