



lithe method

RITTENHOUSE
AUGUST 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® Fat Free Level Mix—Elizabeth/Laur	7:00-8:00am Lithe Method® Waspie Level Mix—Lauren	7:00-8:00am Lithe Method® Sweet Cheeks Level Mix—Tif	7:00-8:00am Lithe Method® Sculpt Level Mix—Nicole	7:00-8:00am Lithe Method® Rare Form Level 2—Elizabeth/Krista		
	7:00-8:00am Lithe Method® Hotstepper Level Mix—Tif		7:00-8:00am Lithe Method® Hotstepper Level Mix—Tif			
8:30-9:30am Lithe Method® Hot Legs Level Mix—Lauren		8:30-9:30am Lithe Method® Thinny Level 3—Lauren		8:30-9:30am Lithe Method® High Mini Level Mix—Krista	8:15-9:30am Lithe Method® Lithe "10" —Lauren	
	9:45-10:45am Lithe Method® Sculpt Level Mix—Carla		9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Tif		9:45-10:45am Lithe Method® A-list Abs Level 3—Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Nicole
4:30-5:30pm Lithe Method® Sweet Cheeks Level Mix—Lauren		4:30-5:30pm Lithe Method® Arm-istice Level Mix—Lauren		4:30-5:30pm Lithe Method® Super Fly Level 3—Carla	11:00-12:00pm Lithe Method® Arm-istice Level Mix—Lauren	11:00-12:00pm Lithe Method® Waist Not Level Mix—Carla
	5:00-6:00pm Lithe Method® Fat Free Level Mix—Carrie		5:00-6:00pm Lithe Method® Waspie (Cinch begins 8/13) Level Mix—Lauren		12:30-1:30pm Lithe Method® Lithe 101 Level 2—Elizabeth/Laur	12:30-1:30pm Lithe Method® Lithe "10" —Carla/Lauren
5:45-6:45pm Lithe Method® Waspie Level 3—Lauren		5:45-6:45pm Lithe Method® Hot Legs Level Mix—Laur/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® Thinny Level 3—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® Sculpt Level Mix—Carrie		7:15-8:15pm Lithe Method® Lithe "10" —Nicole			
8:00-9:00pm Lithe Method® Immersion Level 1—Elizabeth Begins 8.3.09		8:00-9:00pm Lithe Method® Immersion Level 1—Krista				