



RITTENHOUSE DECEMBER 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® Skinny Jeans Level Mix—Carla | 7:00-8:00am Lithe Method® Floored (Barlesque begins 12.15) Level Mix—Lauren | 7:00-8:00am Lithe Method® Sweet Cheeks Level Mix—Tif | 7:00-8:00am Lithe Method® Sculpt Level Mix—Tif | 7:00-8:00am Lithe Method® Rare Form Level Mix—Krista | | |
| 8:30-9:30am Lithe Method® High Mini Level Mix—Lauren | | 8:30-9:30am Lithe Method® Melt Level 2—Tif | | 8:30-9:30am Lithe Method® Arm-istice Level Mix—Krista | 8:30-9:30am Lithe Method® Split Level Mix—Lauren | |
| | 9:45-10:45am Lithe Method® Split Level Mix—Lauren | | 9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Tif | | 9:45-10:45am Lithe Method® High Mini Level Mix—Lauren | 8:30-9:30am Lithe Method® Skinny Jeans Level 1—Carla/Nicole |
| 10:30-11:30am Lithe Method® Waspie Level Mix—Lauren | | | | 10:30-11:30am Lithe Method® Hot Legs Level Mix—Krista | 11:00-12:00pm Lithe Method® Arm-istice Level 2—Lauren | 9:45-10:45am Lithe Method® Waist Not Mix—Carla/Nicole |
| | 4:00-5:00pm Lithe Method® Thinny Level 2—Lauren | | 4:00-5:00pm Lithe Method® Floored (Barlesque begins 12.17) Level Mix—Lauren | | | |
| 4:30-5:30pm Lithe Method® Sweet Cheeks Level 3—Lauren | | 4:30-5:30pm Lithe Method® Wings Level Mix—Lauren | | 4:30-5:30pm Lithe Method® Super-Fly Level 3—Carla | | 4:30-5:30pm Lithe Method® Sculpt (begins 12.20) Level Mix—Nicole |
| | 5:15-6:15pm Lithe Method® Fat Free Level Mix—Carrie | | 5:15-6:15pm Lithe Method® Lithe 101 Level Mix—Lauren | | | |
| 5:45-6:45pm Lithe Method® Waspie Level Mix—Bari | | 5:45-6:45pm Lithe Method® Hot Legs Level 3—Lauren | | 5:45-6:45pm Lithe Method® Skinny Jeans Level Mix—Bari | | |
| | 6:15-7:15pm Lithe Method® Sculpt Level Mix—Carrie | | 6:15-7:15pm Lithe Method® Thinny Level 2—Lauren | | | |
| 6:45-7:45pm Lithe Method® High Mini Level Mix—Krista | | 6:45-7:45pm Lithe Method® Split Level Mix—Lauren | | | | |
| | 7:15-8:15pm Lithe Method® A-List Abs Level Mix—Carrie | | 7:15-8:15pm Lithe Method® Thigh High Level Mix—Nicole | | | |
| 8:00-9:00pm Lithe Method® Immersion Level 1—Krista/Krista/Bari M/W Begins 12.7 | | 8:00-9:00pm Lithe Method® Immersion Level 1—Carla/Bari/Anne | | | | |