



RITTENHOUSE
FEBRUARY 2010

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 (begins 2.15) Level Mix—Lauren	7:00-8:00am Lithe Method® Higher Power Level Mix—Tif	7:00-8:00am Lithe Method® Floored Level Mix—Tif	7:00-8:00am Lithe Method® Sculpt Level Mix—Krista	7:00-8:00am Lithe Method® Rare Form Level 2—Krista		
8:30-9:30am Lithe Method® Skinny Jeans Level Mix—Lauren		8:30-9:30am Lithe Method® Melt Level 2—Tif		8:30-9:30am Lithe Method® Sweet Cheeks Level Mix—Krista	8:30-9:30am Lithe Method® Cinch Level Mix—Laur/Carrie	
	9:45-10:45am Lithe Method® Waspie Level Mix—Tif/Laur		9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Krista		9:45-10:45am Lithe Method® High Mini Level Mix—Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level 1—Carla/Nicole
10:30-11:30am Lithe Method® Fabu-legs Level Mix—Lauren		10:30-11:30am Lithe Method® Arm-istice (begins 2.17) Level Mix—Lauren		10:30-11:30am Lithe Method® Sculpt Level Mix—Krista	11:00-12:00pm Lithe Method® Arm-istice Level 2—Lauren/Krista	11:00-12:00pm Lithe Method® Waist Not Mix—Carla/Nicole
	4:00-5:00pm Lithe Method® Thinny Level 2—Lauren		4:00-5:00pm Lithe Method® Action Figure Level Mix—Lauren		12:15-1:15 Lithe Method® Lithe 101 Level 1—AnnaMarie/Krista	
4:30-5:30pm Lithe Method® Sweet Cheeks Level Mix—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 Level Mix—Nicole
	5:15-6:15pm Lithe Method® Waist Not Level Mix—Carrie		5:15-6:15pm Lithe Method® Lithe 101 Level 1—Lauren			
5:45-6:45pm Lithe Method® Higher Power Level Mix—Lauren/Bari		5:45-6:45pm Lithe Method® Barlesque Level Mix—Lauren		5:45-6:45pm Lithe Method® Hot Legs 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—Anna Marie		6:45-7:45pm Lithe Method® Barlesque Level Mix—Laur/Bari/Krista		
	7:15-8:15pm Lithe Method® Fabu-legs Level Mix—Carrie		7:15-8:15pm Lithe Method® Sweet Cheeks Level Mix—Nicole			
8:00-9:00pm Lithe Method® Immersion Level 1—Krista/Krista/Bari (Begins 2.1)	8:15-9:15pm Lithe Method® Immersion Level 1—Carla/Carrie/Bari (Begins 2.16)	8:00-9:00pm Lithe Method® Immersion Level 1—Carla/Bari/AM	8:15-9:15pm Lithe Method® Immersion Level 1—Krista/Nic/Anne			