



RITTENHOUSE
SEPT 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—Lauren	7:00-8:00am Lithe Method® Waspie Level Mix—Lauren	7:00-8:00am Lithe Method® Higher Power Level Mix—Tif	7:00-8:00am Lithe Method® Sculpt Level Mix—Nicole/Laur	7:00-8:00am Lithe Method® Rare Form Level 2—Krista		
			7:00-8:00am Lithe Method® Hotstepper Level Mix—Tif/Bari		8:30-9:30am Lithe Method® Lithe 101 Level 1—Laur/Nicole	
8:30-9:30am Lithe Method® Cowgirl Level Mix—Lauren		8:30-9:30am Lithe Method® Cinch Level Mix—Lauren		8:30-9:30am Lithe Method® Thigh High Level Mix—Krista	9:45-10:45am Lithe Method® High Mini Level Mix—Lauren	9:45-10:45am Lithe Method® Skinny Jeans Level Mix—Nicole
	9:45-10:45am Lithe Method® Sculpt Level Mix—Carla		9:45-10:45am Lithe Method® Short Shorts Level Mix—Tif		11:00-12:00pm Lithe Method® Arm-istice Level Mix—Lauren	11:00-12:00pm Lithe Method® Waist Not Level Mix—Carla
4:30-5:30pm Lithe Method® Sweet Cheeks Level Mix—Lauren		4:30-5:30pm Lithe Method® A-List Abs Level Mix—Lauren		4:30-5:30pm Lithe Method® Super Fly Level 3—Carla		
	5:00-6:00pm Lithe Method® Fat Free Level Mix—Carrie		5:00-6:00pm Lithe Method® Cinch Level Mix—Lauren			
5:45-6:45pm Lithe Method® Waspie Level 3—Lauren/Bari		5:45-6:45pm Lithe Method® Hot Legs Level Mix—Lauren		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 Mix—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® Cowgirl Level Mix—Lauren/Nic Begins on 9/10			
8:00-9:00pm Lithe Method® Immersion Level 1—Elizab/S taff Begins 9.9.09		8:00-9:00pm Lithe Method® Immersion Level 1—Krista				