

# Week of February 22nd



## FlowLIFT Online Class Schedule

	The FlowLIFT Special	LiteLIFT
<b>Class 1</b>	Week of Feb 22, 2021 (45 min) <input type="checkbox"/>	Feb LiteLIFT with Carolina (45 min) <input type="checkbox"/>
<b>Class 2</b>	Week of June 8, 2021 (45 min) <input type="checkbox"/>	Beginner Class 2 (30 min) <input type="checkbox"/>
<b>Class 3</b>	Ain't No Half Steppin' XpressLIFT (25 min) <input type="checkbox"/>	Jan LiteLIFT with Amanda (45 min) <input type="checkbox"/>
<b>Notes</b>		

