

# Week of March 28<sup>th</sup>



## FlowLIFT Online Class Schedule

	The FlowLIFT Special	LiteLIFT 
<b>Class 1</b>	Week of March 29, 2021 (45 min)	Beginner Class 3 (30 min)
<b>Class 2</b>	Week of Dec 7, 2020 (45 min)	Feb LiteLIFT   Carolina (45 min)
<b>Class 3</b>	The Karate Kid   XpressLIFT (25 min)	December LiteLIFT   Amanda (45 min)
	<b>Notes</b>	

