

Week of March 1st



FlowLIFT Online Class Schedule

	The FlowLIFT Special	LiteLIFT
Class 1	Week of March 1, 2021 (45 min) <input type="checkbox"/>	Dec LiteLIFT with Carolina (45 min) <input type="checkbox"/>
Class 2	Week of May 4, 2020 (45 min) <input type="checkbox"/>	Beginner Class 3 (30 min) <input type="checkbox"/>
Class 3	Week of December 14, 2020 (25 min) <input type="checkbox"/>	Dec LiteLIFT with Amanda (45 min) <input type="checkbox"/>
Notes		

FlowLIFT