

Week of March 8th



FlowLIFT Online Class Schedule

	The FlowLIFT Special	LiteLIFT
Class 1	Week of March 8, 2021 (45 min)	March XpressLITE / Amanda (25 min)
Class 2	Short Circuit / XpressLIFT Carolina (25 min)	Beginner Class 4 (50 min)
Class 3	Week of September 28, 2020 (45 min)	Jan LiteLIFT / Carolina (45 min)
	Notes	



FlowLIFT