

Week of March 15th



FlowLIFT Online Class Schedule

	The FlowLIFT Special	LiteLIFT
Class 1	Week of March 15, 2021 (45 min)	Beginner Class 1 (30 min)
Class 2	Week of October 12, 2020 (45 min)	March LiteLIFT / Carolina (45 min)
Class 3	It's Tricky / XpressLIFT (25 min)	December LiteLIFT / Amanda (45 min)
	Notes	



FlowLIFT