

# Week of March 21<sup>st</sup>



## FlowLIFT Online Class Schedule

	The FlowLIFT Special	LiteLIFT
<b>Class 1</b>	Week of March 22, 2021 (45 min)	Beginner Class 2 (30 min)
<b>Class 2</b>	Week of Jan 6, 2020 (45 min)	Feb LiteLIFT   Amanda (45 min)
<b>Class 3</b>	Krush Groove   XpressLIFT (25 min)	December LiteLIFT   Carolina (45 min)
	<b>Notes</b>	



**FlowLIFT**