



WEEK OF APRIL 19TH

FlowLIFT & Yoga Online Schedule

The FlowLIFT Special

LiteLIFT

Class 1	Week of April 19, 2021 (45 min)	Beginner Class 2 (30 min)
Class 2	Another One Bites the Dust XpressLIFT (25 min)	December LiteLIFT Amanda (45 min)
Class 3	Week of October 12, 2020 (45 min)	April XpressLITE Carolina (25 min)

The Buddhi Special

LiteYOGA

Class 1	The Buddhi Special (40 min)	Relax & Meditate (40 min)
Class 2	Apres FlowLIFT (20 min)	Hippy Flow (20 min)

Notes

