

WEEK OF JULY 19TH

FlowLIFT & Yoga Online Schedule

WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of July 19, 2021 (45 min) <input type="checkbox"/>	Beginner Class 1 (45 min) <input type="checkbox"/>
Class 2	Short Circuit XpressLIFT (25 min) <input type="checkbox"/>	XpressLITE with Amanda July 2021 (25 min) <input type="checkbox"/>
Class 3	Week of August 10, 2020 (45 min) <input type="checkbox"/>	XpressLITE with Carolina June 2021 (25 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	2 Blocks and a Strap (60 min) <input type="checkbox"/>	Ease Low Back Pain (20 min) <input type="checkbox"/>
Class 2	3 Heat Building Sequences (20 min) <input type="checkbox"/>	Slow Flow for Everything (75 min) <input type="checkbox"/>

Notes

