

WEEK OF JULY 26TH

FlowLIFT & Yoga Online Schedule



WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of July 26, 2021 (45 min) <input type="checkbox"/>	Beginner Class 2 (45 min) <input type="checkbox"/>
Class 2	Die Hard XpressLIFT (25 min) <input type="checkbox"/>	XpressLITE with Amanda March 2021 (25 min) <input type="checkbox"/>
Class 3	Week of Sept 21, 2020 (45 min) <input type="checkbox"/>	LiteLIFT with Carolina Dec 2020 (45 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	Baby You're a Star (75 min) <input type="checkbox"/>	Use the Force! (75 min) <input type="checkbox"/>
Class 2	Twist-O-Rama (75 min) <input type="checkbox"/>	Rhythm and Flow (60 min) <input type="checkbox"/>

Notes

