

WEEK OF AUGUST 30TH

FlowLIFT & Yoga Online Schedule

WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of August 30, 2021 (45 min) <input type="checkbox"/>	Beginner Class 3 (45 min) <input type="checkbox"/>
Class 2	Full Metal Jacket (30 min) <input type="checkbox"/>	XpressLITE with Carolina May 2021 (25 min) <input type="checkbox"/>
Class 3	Week of February 24, 2020 (45 min) <input type="checkbox"/>	LiteLIFT with Amanda February 2021 (40 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	Breathwork & Meditation Water Element (60 min) <input type="checkbox"/>	Breathwork & Meditation Water Element (60 min) <input type="checkbox"/>
Class 2	Get in the Groove (60 min) <input type="checkbox"/>	Yoga for Sleep (20 min) <input type="checkbox"/>

Notes

