



WEEK OF SEPTEMBER 27TH

FlowLIFT & Yoga Online Schedule

WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of September 27, 2021 (45 min) <input type="checkbox"/>	Beginner Class 3 (45 min) <input type="checkbox"/>
Class 2	Labyrinth XpressLIFT (25 min) <input type="checkbox"/>	LiteLIFT with Carolina December 2020 (60 min) <input type="checkbox"/>
Class 3	Week of June 1, 2020 (45 min) <input type="checkbox"/>	XpressLITE with Amanda Sept. 2021 (25 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	Yoga with a Wall (60 min) <input type="checkbox"/>	Dynamic Flow (20 min) <input type="checkbox"/>
Class 2	Timeout Vinyasa (60 min) <input type="checkbox"/>	Low Back Love (40 min) <input type="checkbox"/>

Notes

