# WEEK OF SEPTEMBER 13TH

FlowLIFT & Yoga Online Schedule

| WORKOUT | The FlowLIFT Special | LiteLIFT |
|---|---|---|
| Class 1 | Week of September 13, 2021 (45 min) ☐ | Beginner Class 1 (45 min) ☐ |
| Class 2 | Another One Bites the Dust (25 min) ☐ | XpressLITE with Carolina Sept 2021 (25 min) ☐ |
| Class 3 | Week of April 13, 2020 (45 min) ☐ | LiteLIFT with Amanda March 2021 (40 min) ☐ |

| YOGA | The Buddhi Special | LiteYOGA |
|---|---|---|
| Class 1 | Low Back Remedy (60 min) ☐ | Hips & Shoulders (20 min) ☐ |
| Class 2 | New Body Vinyasa (60 min) ☐ | Gentle Flow (20 min) ☐ |

## Notes