

WEEK OF SEPTEMBER 20TH

FlowLIFT & Yoga Online Schedule



WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of September 20, 2021 (45 min) <input type="checkbox"/>	Beginner Class 2 (45 min) <input type="checkbox"/>
Class 2	Super Freak XpressLIFT (25 min) <input type="checkbox"/>	LiteLIFT with Amanda December 2020 (60 min) <input type="checkbox"/>
Class 3	Week of May 25, 2020 (45 min) <input type="checkbox"/>	XpressLITE with Carolina April 2021 (25 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	Breathwork & Meditation Water Element (60 min) <input type="checkbox"/>	Series A & B (20 min) <input type="checkbox"/>
Class 2	New Body Vinyasa (60 min) <input type="checkbox"/>	Deep Yoga Stretch (60 min) <input type="checkbox"/>

Notes

