

WEEK OF OCTOBER 4TH

FlowLIFT & Yoga Online Schedule

WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of October 4, 2021 (45 min) <input type="checkbox"/>	Beginner Class 4 (45 min) <input type="checkbox"/>
Class 2	Paradise City XpressLIFT (25 min) <input type="checkbox"/>	LiteLIFT with Carolina January 2021 (60 min) <input type="checkbox"/>
Class 3	Week of July 20, 2020 (45 min) <input type="checkbox"/>	XpressLITE with Amanda July 2021 (25 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	Free Your Shoulders (60 min) <input type="checkbox"/>	Tame the Mind (60 min) <input type="checkbox"/>
Class 2	The Works (20 min) <input type="checkbox"/>	Hips & Core (40 min) <input type="checkbox"/>

Notes

