

WEEK OF OCTOBER 25TH

FlowLIFT & Yoga Online Schedule

WORKOUT

The FlowLIFT Special

LiteLIFT

CHALLENGE WEEK 3

Class 1	Week of October 25, 2021 (45 min) <input type="checkbox"/>	Beginner Class 3 (45 min) <input type="checkbox"/>
Class 2	Diehard XpressLIFT (25 min) <input type="checkbox"/>	XpressLITE with Carolina October 2021 (25 min) <input type="checkbox"/>
Class 3	Week of February 17, 2020 (45 min) <input type="checkbox"/>	LiteLIFT with Amanda January 2021 (45 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	Eagle Eye Focus (60 min) <input type="checkbox"/>	Honey Dipped Flow (40 min) <input type="checkbox"/>
Class 2	Save Yourself (60 min) <input type="checkbox"/>	Dynamic Flow (20 min) <input type="checkbox"/>

