

WEEK OF NOVEMBER 22ND

FlowLIFT & Yoga Online Schedule

WORKOUT

The FlowLIFT Special

LiteLIFT

Class 1	Week of November 22, 2021 (45 min) <input type="checkbox"/>	Beginner Class 4 (55 min) <input type="checkbox"/>
Class 2	Working Girl XpressLIFT with Amanda (30 min) <input type="checkbox"/>	LiteLIFT with Amanda April 2021 (40 min) <input type="checkbox"/>
Class 3	Week of December 21, 2020 (45 min) <input type="checkbox"/>	XpressLITE with Carolina Nov 2021 (25 min) <input type="checkbox"/>

YOGA

The Buddhi Special

LiteYOGA

Class 1	How to do a Handstand (60 min) <input type="checkbox"/>	Relax & Meditate (40 min) <input type="checkbox"/>
Class 2	Ride the Breath (75 min) <input type="checkbox"/>	Yoga for IT Bands (75 min) <input type="checkbox"/>

Notes

