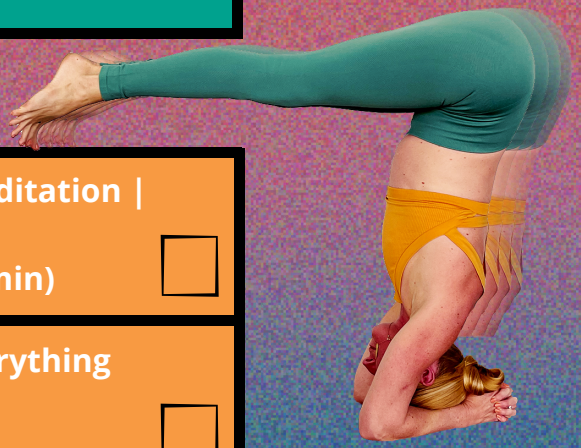
WEEK OF MARCH 21ST

FlowLIFT & Yoga Online Schedule

WORKOUT	The FlowLIFT Special	LiteLIFT
Class 1	**FlowLIFT** with Amanda Week of March 21st **(45 min)** ☐	**Beginner Class 1** **(30 min)** ☐
Class 2	**Sweet Dreams XpressLIFT** with Carolina **(30 min)** ☐	**XpressLITE** with Carolina Sept 2021 **(20 min)** ☐
Class 3	**FlowLIFT** with Amanda Week of Aug 17th, 2021 **(45 min)** ☐	**LiteLIFT** with Amanda Jan 2021 **(45 min)** ☐



YOGA	The Buddhi Special	LiteYOGA
Class 1	**Goddess Flow** with Amanda **(40 min)** ☐	**Breathwork & Meditation | Water Element** with Kathleen **(60 min)** ☐
Class 2	**The Roots Vinyasa Yoga Sequence** with Carolina **(60 min)** ☐	**Slow Flow For Everything** with Amanda **(75 min)** ☐

NOTES