

LIV Yoga & Wellness Class Schedule

* effective November 1, 2022

MONDAY

6:15 - 7:00 AM Express Flow 45 Gwen

9:00 - 10:00 AM Power Flow 60 Gwen

TUESDAY

7:00 - 8:00 AM Power Flow 60 Gwen

5:30 - 6:30 PM Power Flow 60 Emma

WEDNESDAY

9:00 - 10:00 AM Power Flow 60 Whitney

5:30 - 6:30 PM Power Flow 60 Emma

THURSDAY

7:00 - 8:00 AM Power Flow 60 Gwen

5:30 - 6:30 PM Power Flow 60 Gwen

FRIDAY

6:15 - 7:00 AM Express Flow 45 Whitney

9:00 - 10:00 AM Power Flow 60 Gwen

SATURDAY

9:00 - 10:00 AM Power Flow Beats 60 Gwen

SUNDAY

4:30 - 5:45 PM Slow Flow 75 Emma

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Check online for any last minute changes.
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