

LIV Yoga & Wellness Class Schedule

Effective 10.1.24

MONDAY

6:15 - 7:00 AM	Express Flow 45	Gwen
9:00 - 10:00 AM	Power Flow 60	Liz
5:30 - 6:30 PM	Slow Flow 60	Anna

TUESDAY

6:15 - 7:00 AM	Yoga Sculpt 45	Gwen
7:15 - 8:00AM	Express Flow 45	Ellie
5:30 - 6:30 PM	Power Flow 60	Tandi

WEDNESDAY

6:15 - 7:00 AM	Express Flow 45	Maggie
9:00 - 10:00 AM	Power Flow 60	Stacy
5:30 - 6:30 PM	Power Flow 60	Emma

THURSDAY

6:15 - 7:00 AM	Yoga Sculpt 45	Margaret
7:15 - 8:00AM	Express Flow 45	Margaret
5:30 - 6:30 PM	Slow Flow 60	Ellen

FRIDAY

6:15 - 7:00 AM	Express Flow 45	Liz
9:00 - 10:00 AM	Power Flow 60	Stacy
5:00 - 6:00 PM	Power Flow 60	Emma

SATURDAY

8:30 - 9:30 AM	Power Beats 60	Gwen
----------------	----------------	------

SUNDAY

8:30 - 9:15 AM	Yoga Sculpt 45	Gwen/Ellie/Ellen
10:00 - 11:00 AM	Pop-Up: Yin 60 9/29; 10/27; 11/17; 12/15	Anna