

LIV Yoga & Wellness Class Schedule

Effective April 2024

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

7:00 - 8:00 AM	Power Flow 60	Gwen
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	Ellie
5:30 - 6:30 PM	Power Flow 60	Emma

THURSDAY

7:00 - 8:00 AM	Power Flow 60	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	Gwen
4:30 - 5:30 PM	Power Flow 60	Emma

SATURDAY

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

8:30 - 9:15 AM	Yoga Sculpt 45	Gwen/Ellen/Ellie
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