

LIV Yoga & Wellness Class Schedule

* effective May 15, 2023

MONDAY

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

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	Gwen/Whitney
9:00 - 10:00 AM	Power Flow 60	Ellie/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	Ellen

FRIDAY

6:15 - 7:00 AM	Express Flow 45	Tandi
9:00 - 10:00 AM	Power Flow 60	Gwen

SATURDAY

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

No classes scheduled.

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Check online for any last minute changes.
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