

# LIV Yoga & Wellness Class Schedule

\* effective March 1, 2023

## MONDAY

6:15 - 7:00 AM	Express Flow 45	Maggie
9:00 - 10:00 AM	Power Flow 60	Gwen/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
9:00 - 10:00 AM	Power Flow 60	Whitney/Gwen
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 Beats 60	Gwen
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## SUNDAY

4:30 - 5:45 PM	Slow Flow 75 (ends 3/12)	Emma
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Check online for any last minute changes.  
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