

## LIV Yoga & Wellness Class Schedule

November 2023

### MONDAY

6:15 - 7:00 AM	Express Flow 45	Maggie
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	Gwen
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	Gwen
5:30 - 6:30 PM	Slow Flow 60	Ellen

### FRIDAY

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

10:00 - 11:00 AM	POP UP: Yin 60 (10/15; 11/12; 12/10)	Anna
4:30 - 5:45 PM	Slow Flow 75	Liz