

# Live Right Wellness Class Schedule



## **Monday**

**5:45 - 7:00am**

LivFreePowerUP! with Tracey

**8:00 - 9:00am**

LivFreePowerUP! with Tracey

**9:15 - 10:15am**

Barre with Alyson

**5:00 - 5:50pm**

Barre with Kerri

**6:00 - 7:15pm**

Fluid Hatha with Renee

## **Friday**

**6:00 - 6:50am**

Sunrise at the Barre with Bre

**8:00 - 9:00am**

Move, Breathe, Stretch with Kerri - \$5

**9:15 - 10:15am**

Zen Barre with Angie

**12:00 - 1:00pm**

Barre with Kayla

**4:00 - 4:30pm**

Little Yogis with Kerri - Kids Yoga, \$10

**5:00 - 6:00pm**

Open Barre with Breanne

**6:00 - 7:00pm**

Happy Hour of Power with Casey - \$10

## **Tuesday**

**6:00 - 6:50am**

Sunrise at the Barre with Breanne

**8:00 - 9:15am**

LivFreePowerUp! with Casey

**9:15 - 10:15am**

Barre with Angie

**5:00 - 6:15pm**

Beginner Yoga with Kathleen

**6:30 - 7:45pm**

Strengthen & Surrender with Elaine

## **Saturday**

**8:00 - 9:15am**

Breathe with Kerri - \$10

**9:30 - 10:20am**

Zen Barre with Renee

## **Wednesday**

**8:00 - 9:15am**

Barre with Alyson

**9:15 - 10:15am**

Gentle Yoga with Alyson

**5:30 - 6:20pm**

Barre with Angie

**6:30 - 7:45pm**

Yin/ Restorative with Kathleen

## **Sunday**

**9:00 - 10:15am**

Strengthen & Surrender with Elaine

**10:30 - 11:20am**

Barre with Elaine

**4:00 - 5:15pm**

Yin|Yang with Monica

**6:00 - 7:15pm**

Wisdom with Kathleen



**8 week Summer series\* YOGA FOR DUDES**  
every Monday, beginning *June 26 - Aug 14, 7:30 - 8:45pm*

**\*Ask about our UNLIMITED SUMMER CLASS CARD!!!**

Please visit [www.myliverightwellness.com](http://www.myliverightwellness.com) for class descriptions & pricing information