



Live Right Wellness Current Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-7:00am LivFreePowerUP! with Tracey	6:00-6:50am Sunrise at the Barre with Bre		5:45-7:00am LivFreePowerUP! with Casey	6:00-6:50am Sunrise at the Barre with Bre	
	8:00-9:00am LivFreePowerUP! with Tracey	8:00-9:15am LivFreePowerUP! with Casey	8:00-9:00am Barre with Alyson	8:00-8:50am Barre with Elaine	8:00-9:00am Foundations Yoga with Kerri, \$5	8:00-9:15am All Levels Yoga with Kerri, \$10
9:00-10:15am Strengthen & Surrender Yoga with Elaine	9:15-10:15am Barre with Alyson	9:15-10:15am Barre Fusion with Angie	9:15-10:15am Gentle Yoga with Alyson		9:15-10:15am Barre Fusion with Angie	9:30-10:20am Barre Fusion with Renee
10:30-11:20am Barre with Elaine						
	5:00-5:50pm Barre with Kerri	5:00-6:15pm Foundations Yoga with Kathleen	5:30-6:20pm Barre Fusion with Angie	5:00-5:50pm Barre with Bre	5:00-5:50pm Barre with Bre, \$10	
	6:00-7:15pm All Levels Yoga with Renee	6:30-7:45pm Strengthen & Surrender Yoga with Elaine	6:30-7:45pm Gentle Restorative Yoga with Kathleen	6:00-7:15pm All Levels Yoga with Renee	6:00-7:00pm LivFreePowerUP! with Casey, \$10	
				7:30-8:45pm Prana Yoga with Bharti		