



Live Right Wellness Fall Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:50am Sunrise at the Barre with Bre	5:30-6:30am Sunrise Hour of Power yoga with Kerri	6:00-6:50am Sunrise at the Barre with Bre	5:30-6:30am LivFreePowerUP yoga! with Casey	6:00-6:50am Sunrise at the Barre with Bre	7:00-7:50am Barre with Bre
				7:00-7:50am Barre with Elaine	8:00-9:00am Foundations Yoga with Kerri, \$5	8:15-9:15am All Levels Yoga with Kerri
8:30-9:45am Strengthen & Surrender Yoga with Elaine (All Levels)	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 All levels Yoga with Gina	9:15-10:15am Barre Fusion with Angie	9:30-10:30am Barre Fusion with Renee
10:00-10:50am Barre with Elaine						
	5:30-6:20pm Barre with Alyson	5:30-6:45pm Strengthen & Surrender Yoga with Elaine (All Levels)	5:30-6:20pm Barre Fusion with Angie	5:30-6:45pm All Levels Yoga with Alyson	5:00-5:50pm Barre with Bre	
6:00-7:15pm Candlelight Restorative Yoga with Kerri	7:00-8:15pm All Levels Yoga with Casey	7:00-7:50pm Barre with Bre	6:30-7:45pm Gentle Restorative Yoga with Kathleen 6:30-7:45pm Meditation by Donation with Kerri	7:00-7:50pm Barre with Bre	6:00-7:00pm LivFreePowerUP! with Casey	