

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body Burn 6:55-7:05am <i>Amanda</i>	Core Flow 6:55-7:05am <i>Tab</i>	Core Circuit 6:55-7:05am <i>Deb</i>	Lower Body Burn 6:55-7:05am <i>Lisa</i>	Core Flow 6:55-7:05am <i>Ann</i>	BodyPump 9-9:45pm <i>LES MILLS</i>	Dance 9-9:45pm <i>LES MILLS</i>
HIIT 7:10 - 7:40am <i>Amanda</i>	Triple Target 7:10 - 7:40am <i>Tab</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	Cardio Sculpt 7:10 - 7:40am <i>Ann</i>	BodyCombat 10-10:45am <i>LES MILLS</i>	BodyAttack 10-10:45am <i>LES MILLS</i>
Mobility Boost 7:45 - 7:55am <i>Amanda</i>	Mobility Boost 7:45 - 7:55am <i>Tab</i>	Mobility Boost 7:45 - 7:55am <i>Deb</i>	Core Circuit 7:45 - 7:55am <i>Lisa</i>	Mobility Boost 7:45 - 7:55am <i>Ann</i>	BodyAttack 11-11:45am <i>LES MILLS</i>	Core 11-11:45am <i>LES MILLS</i>
BodyPump 9 - 9:30am <i>LES MILLS</i>	BodyBalance 9 - 9:30am <i>LES MILLS</i>	BodyAttack 9 - 9:30am <i>LES MILLS</i>	Dance 9 - 9:30am <i>LES MILLS</i>	BodyCombat 9 - 9:30am <i>LES MILLS</i>	BodyBalance 12-12:45pm <i>LES MILLS</i>	Cycle 12-12:45pm <i>LES MILLS</i>
Stretch: Back & Posture 11:30-11:45am <i>Ashlee</i>	Stretch 11:30-11:45am <i>Ashlee</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Amanda</i>	Stretch 11:30-11:45am <i>Lisa</i>	Stretch: Hips, Wrist, Legs 11:30-11:45am <i>Maria</i>	Dance 1-1:45 <i>LES MILLS</i>	BodyPump 1-1:45 <i>LES MILLS</i>
Cardio Blast 11:50am-12pm <i>Ashlee</i>	Core Circuit 11:50am-12pm <i>Ashlee</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Flow 11:50am-12pm <i>Lisa</i>	Upper Body Burn 11:50am-12pm <i>Maria</i>	Core 2-2:45pm <i>LES MILLS</i>	BodyCombat 2-2:45pm <i>LES MILLS</i>
Strong 12:10-12:40pm <i>Ashlee</i>	Cardio Sculpt 12:10-12:40pm <i>Ashlee</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	HIIT 12:10-12:40pm <i>Lisa</i>	Triple Target 12:10-12:40pm <i>Maria</i>	Cycle 3-3:45pm <i>LES MILLS</i>	BodyBalance 3-3:45pm <i>LES MILLS</i>
Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	<p>Head to optimal.virtualbyliv.com to see full class descriptions</p> <ul style="list-style-type: none"> Mindfulness 10 minute class 15 minute class 30 minute class 45 minute class On Demand Video Les Mills On Demand 	
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Paige</i>	Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Criss</i>		
Zumba 2:10-2:40pm <i>Caitlynn</i>	Cycle 2:10-2:40pm <i>LES MILLS</i>	Cardio Sculpt 2:10-2:40pm <i>Paige</i>	Core 2:10-2:40pm <i>LES MILLS</i>	Pilates Fusion 2:10-2:40pm <i>Criss</i>		
Stretch Upper Body 5-5:15pm <i>LES MILLS</i>	BodyBalance 5-5:15pm <i>LES MILLS</i>	Yoga Fusion 4:30-5:15pm <i>Trinh</i>	Stretch Hip Mobility 5-5:15pm <i>LES MILLS</i>	Stretch Spine Mobility 5-5:15pm <i>LES MILLS</i>		
Core Flow 6:45-6:55pm <i>Trinh</i>	Mobility Boost 6:45-6:55pm <i>Maria</i>	Core Circuit 6:45-6:55pm	BodyPump Lower Body 6:45-7pm <i>LES MILLS</i>	BodyPump Arms 6:45-7pm <i>LES MILLS</i>		
Yoga 7-7:45pm <i>Trinh</i>	Zumba 7-7:30pm <i>Maria</i>	Cardio Sculpt 7-7:30pm	Grit: Cardio 7-7:30pm <i>LES MILLS</i>	Grit: Strength 7-7:30pm <i>LES MILLS</i>		
BodyBalance 9-9:30pm <i>LES MILLS</i>	BodyCombat 9-9:30pm <i>LES MILLS</i>	BodyPump 9-9:30pm <i>LES MILLS</i>	Cycle 9-9:30pm <i>LES MILLS</i>	BodyAttack 9-9:30pm <i>LES MILLS</i>	<i>LES MILLS</i>	<i>LES MILLS</i>

Register and join classes via the Well North Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.



well-north.com



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