

LYV Fitness | Palm Springs

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7.20 - 8.10

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
CORE + MOBILITY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + MOBILITY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

8.40 - 9.30

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

10.00 - 10.50

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

11.00 - 11.50

Private
Coaching

Private
Coaching

Private
Coaching

Private
Coaching

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

4.00 - 4.50

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

5.00 - 5.40

Private
Coaching

Private
Coaching

Private
Coaching

Private
Coaching

5.45 - 6.35

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + MOBILITY | ALL LEVELS

Sunday
Sessions
Available
at
LYV
Palm Desert

LYV FITNESS | PALM SPRINGS

1701 N Palm Canyon Dr.
Suite 8

Palm Springs | California

www.LYVFitness.com

LYV Fitness | Palm Desert

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7.10 - 8.00

STRENGTHEN
TOTAL BODY | ALL LEVELS

Private
Coaching

SWEAT
CORE + LOWER BODY | ALL LEVELS

FLOW YOGA
ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

8.30 - 9.20

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

9.40 - 10.30

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

4.30 - 5.20

STRENGTHEN
TOTAL BODY | ALL LEVELS

Tuesday PM
Sessions
Available
at
LYV
Palm Springs

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

5.40 - 6.30

STRENGTHEN
TOTAL BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

SWEAT
CORE + LOWER BODY | ALL LEVELS

LYV FITNESS | PALM DESERT

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Palm Desert | California

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