

# Palm Springs Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.20 - 8.10	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> CORE + MOBILITY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + MOBILITY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS		
8.30 - 9.20	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS
9.40 - 10.30	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS
10.50 - 11.40	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	Private Coaching	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	Private Coaching	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS
3.20 - 4.10	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	Private Coaching	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	Private Coaching			
4.30 - 5.20	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS			
5.40 - 6.30	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRETCH</b> CORE + MOBILITY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + MOBILITY   ALL LEVELS			

## LYV FITNESS in PALM SPRINGS

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# Palm Desert Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.20 - 8.10	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	Private Coaching	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	Private Coaching	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS		
8.30 - 9.20	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS
9.40 - 10.30	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS
10.50 - 11.40				<b>FLOW YOGA</b> ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>FLOW YOGA</b> ALL LEVELS
4.30 - 5.20	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS			
5.40 - 6.30	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>STRENGTHEN</b> TOTAL BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS	<b>SWEAT</b> CORE + LOWER BODY   ALL LEVELS			

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