

FEBRUARY EVENTS 2023

SUNDAY

MONDAY



TUESDAY








WEDNESDAY










THURSDAY









FRIDAY

SATURDAY

			01	02	 Greatest HIITS 6:00am - 7:00am Liv Fit  Coffee Chat 10:00am - 11:00am The Hub	04


 Myofacial Release & Deep Stretching 8:00am - 9:00am Liv Fit	 Slow Flow Yoga 5:30pm - 6:30pm The Hub  Bachelor Viewing Night 8:00pm - 10:00pm The Hub	 Core & Glutes Sculpt 5:30pm - 6:30pm Liv Fit		 Happy Hour 5:00pm - 6:30pm The Hub	 Greatest HIITS 6:00am - 7:00am Liv Fit  Coffee Chat 10:00am - 11:00am The Hub	
05	06	07	08	09	10	11


 Myofacial Release & Deep Stretching 8:00am - 9:00am Liv Fit	 Slow Flow Yoga 5:30pm - 6:30pm The Hub  Bachelor Viewing Night 8:00pm - 10:00pm The Hub	 Kid's Club Deliveries 9:30am - 6:00pm  Core & Glutes Sculpt 5:30pm - 6:30pm Liv Fit	 Yappy Hour 5:00pm - 6:00pm Bark Park		 Greatest HIITS 6:00am - 7:00am Liv Fit  Coffee Chat 10:00am - 11:00am The Hub	 Pancake Breakfast 10:00am - 11:00am The Hub
12	13	14	15	16	17	18


 Myofacial Release & Deep Stretching 8:00am - 9:00am Liv Fit	 Luv Your Pet Day! The Hub  Slow Flow Yoga 5:30pm - 6:30pm The Hub  Bachelor Viewing Night 8:00pm - 10:00pm The Hub	 Core & Glutes Sculpt 5:30pm - 6:30pm Liv Fit		 Chili Bar To Go 5:00pm - 6:30pm The Hub	 Greatest HIITS 6:00am - 7:00am Liv Fit  Coffee Chat 10:00am - 11:00am The Hub	The Hub Reserved 1:00pm - 5:00pm
19	20	21	22	23	24	25

 Myofacial Release & Deep Stretching 8:00am - 9:00am Liv Fit	 Slow Flow Yoga 5:30pm - 6:30pm The Hub  Bachelor Viewing Night 8:00pm - 10:00pm The Hub	 Core & Glutes Sculpt 5:30pm - 6:30pm Liv Fit
26	27	28

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 KEY

 liv responsibly event

 liv well event

 Event Benefiting The American Cancer Society's "Relay for Life"

 liv connected event