

NOVEMBER EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

KEY



liv
responsibly
event



liv
well
event



liv
connected
event

Strength & Mobility
10:30am - 11:30am
Liv Fit

01

Strength & Mobility
10:30am - 11:30am
Liv Fit

03

The Hub Reserved
9:00am - 5:00pm

04

Myofascial Release & Deep Stretching
9:00am - 10:00am
Liv Fit

05

Yoga Flow
5:30pm - 6:30pm
The Hub

07

Strength & Mobility
10:30am - 11:30am
Liv Fit

08

Happy Hour
5:00pm - 6:30pm
The Hub

09

Strength & Mobility
10:30am - 11:30am
Liv Fit

10

Pancake Breakfast
10:00am - 11:00am
The Hub

11

Myofascial Release & Deep Stretching
9:00am - 10:00am
Liv Fit

12

Yoga Flow
5:30pm - 6:30pm
The Hub

14

Strength & Mobility
10:30am - 11:30am
Liv Fit

15

Annual Friendsgiving Potluck
6:00pm - 8:00pm
The Hub

16

Coffee Chat
10:00am - 11:00am
The Hub

17

Strength & Mobility
10:30am - 11:30am
Liv Fit

18

Kid's Club
4:00pm - 5:00pm
The Hub

19

20

21

22

OFFICE CLOSED
Thanksgiving

23

OFFICE CLOSED
Day After Thanksgiving

24

25

26

27

Yappy Hour
5:00pm - 6:00pm
Bark Park

28

Yoga Flow
5:30pm - 6:30pm
The Hub

Strength & Mobility
10:30am - 11:30am
Liv Fit

29

30

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