

JANUARY EVENTS 2024

Events in **orange** represent Liv Wellness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OFFICE CLOSED Happy New Year!	Yoga Flow 5:30pm - 6:30pm The Hub	Strength & Mobility 5:30pm - 6:30pm Liv Fit	Barre & Sculpt 5:30pm - 6:30pm Liv Fit	Strength & Mobility 5:30pm - 6:30pm Liv Fit	
		Kid's Club 4:00pm - 5:00pm The Hub Yoga Flow 5:30pm - 6:30pm The Hub	Strength & Mobility 5:30pm - 6:30pm Liv Fit	Barre & Sculpt 5:30pm - 6:30pm Liv Fit	Strength & Mobility 5:30pm - 6:30pm Liv Fit	Pancake Breakfast 10:00am - 11:00am The Hub
	MARTIN LUTHER KING DAY	Yoga Flow 5:30pm - 6:30pm The Hub	Strength & Mobility 5:30pm - 6:30pm Liv Fit	Barre & Sculpt 5:30pm - 6:30pm Liv Fit Happy Hour 5:30pm - 7:00pm The Hub	Strength & Mobility 5:30pm - 6:30pm Liv Fit	The Hub Reserved 1:00pm - 3:00pm
		Yappy Hour 4:00pm - 5:00pm Bark Park Yoga Flow 5:30pm - 6:30pm The Hub	Strength & Mobility 5:30pm - 6:30pm Liv Fit	Barre & Sculpt 5:30pm - 6:30pm Liv Fit	Strength & Mobility 5:30pm - 6:30pm Liv Fit	
	NATIONAL PUZZLE DAY	Yoga Flow 5:30pm - 6:30pm The Hub	Strength & Mobility 5:30pm - 6:30pm Liv Fit			
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