Palm Springs Studio

Full Springs Studio												
	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							
8.30 - 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					
10.50 - 11.40	STRENGTHEN TOTAL BODY ALL LEVELS	Private Coaching	SWEAT CORE + LOWER BODY ALL LEVELS	Private Coaching	STRENGTHEN TOTAL BODY ALL LEVELS	STRENGTHEN TOTAL BODY ALL LEVELS	SWEAT CORE + LOWER BODY ALL LEVELS					
3.20 - 4.10	STRENGTHEN TOTAL BODY ALL LEVELS	Private Coaching	SWEAT CORE + LOWER BODY ALL LEVELS	Private Coaching								
4.30 - 5.20	STRENGTHEN TOTAL BODY ALL LEVELS	STRENGTHEN TOTAL BODY ALL LEVELS	SWEAT CORE + LOWER BODY ALL LEVELS	SWEAT CORE + LOWER BODY ALL LEVELS	LYV FITNESS in PALM SPRINGS 1701 N Palm Canyon Dr. Suite 8 Palm Springs California www.LYVFitness.com							
5.40 - 6.30	STRENGTHEN TOTAL BODY ALL LEVELS	STRETCH CORE + MOBILITY ALL LEVELS	SWEAT CORE + LOWER BODY ALL LEVELS	SWEAT CORE + MOBILITY ALL LEVELS								

Palm Desert Studio												
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
7.20 - 8.10	STRENGTHEN	Private	SWEAT	Private	STRENGTHEN							
	TOTAL BODY ALL LEVELS	Coaching	CORE + LOWER BODY ALL LEVELS	Coaching	TOTAL BODY ALL LEVELS							
8.30 - 9.20	STRENGTHEN	STRENGTHEN	SWEAT	SWEAT	STRENGTHEN	STRENGTHEN	SWEAT					
	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS					
9.40 - 10.30	STRENGTHEN	STRENGTHEN	SWEAT	SWEAT	STRENGTHEN	STRENGTHEN	SWEAT					
	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS					
10.50 - 11.40				FLOW YOGA	STRENGTHEN	STRENGTHEN	FLOW YOGA					
				ALL LEVELS	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	ALL LEVELS					
4.30 - 5.20	STRENGTHEN	STRENGTHEN	SWEAT	SWEAT		LYV FITNESS in PALM DESERT 41-801 Corporate Way						
	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	Suite 3							
5.40 - 6.30	STRENGTHEN	STRENGTHEN	SWEAT	SWEAT	Palm Desert California www.LYVFitness.com							
	TOTAL BODY ALL LEVELS	TOTAL BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS	CORE + LOWER BODY ALL LEVELS								