

LivingWell Live Classes (Fall 2020)

9/28-12/04

All Live Classes are hosted on the CampusRec Facebook ([Click Here](#))

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am					
9:00-10:00am		Full Body HIIT (8:45-9:45)- Sulyn	Low Impact HIIT- Nicole	Core Conditioning(9:00-9:30) - Nicole	Breath & Meditation(9:30-10:00)- Sarah
10:00-11:00am		Backpack Conditioning- Sulyn		Tabata HIIT (10:15-11:00) - Rachel	Yoga Stretch- Sarah
11:00am-12:00pm		Vinyasa Flow- Will	Cardio Strength Fusion- Maeve		Peachy Posture- Sulyn
12:00-1:00pm	Mindful Monday Yoga- Tamara		Hardcore Vinyasa Yoga- Tamara		Mobility tune up- Tamara
1:00-2:00pm					
3:00-4:00pm				Yoga en Español- Tamara	
4:00-5:00pm					
5:00-6:00pm	Functional Framework- Kate	Full Body Pilates- Sarah	EMOM (5:00-5:45)- Kate		
6:00-7:00pm			Yin Yoga- Will		
7:00-8:00pm					