

LIVESTREAM SCHEDULE

MONDAY

**6:30AM HATHA
YOGA**

TUESDAY

**7:30AM HATHA
FLOW YOGA**

WEDNESDAY

**12:00PM TONE &
FLOW**

**6:00PM
STRETCH &
RESTORE YOGA**

THURSDAY

**7:00AM FOODWISE
@ SUNRISE
NUTRITION**

**6:30PM GENTLE
YOGA**

FRIDAY

REST

SATURDAY

**9:00AM HATHA
YOGA**

SUNDAY

REST



WELL-FIT, LLC