

LIVESTREAM SCHEDULE

MONDAY

**11-12 AM
TONE AND
FLOW**

TUESDAY

REST

WEDNESDAY

**12-1PM
TONE AND
FLOW**

THURSDAY

**9-10 AM HIIT
(High Intensity
Interval Training)**

**5:30-6:30 PM
HATHA YOGA**

FRIDAY

**12:30-1 PM
NUTRITION**

SATURDAY

**9-10AM
HATHA YOGA**

SUNDAY

REST



WELL-FIT, LLC