

# GROUP EXERCISE SCHEDULE WINTER 2026

LIV<sup>unLtd</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Yoga Sculpt</b> <i>Kylie</i> 6:30-7:15am Please bring a Yoga mat			
<b>Power Cycle</b> <i>Shannon</i> 11:30-12:15	<b>Total Body Blitz</b> <i>Kordi</i> 11:30-12:15	<b>Well Built</b> <i>Angie</i> 11:30-12:15	<b>Super Circuit</b> <i>Kordi</i> 11:30-12:15	
<b>Core Synergy</b> <i>Trudy</i> 12:20-1:05	<b>Yoga</b> <i>Janine</i> 12:20-1:05 Please bring a Yoga mat		<i>New!</i> <b>Yoga Sculpt</b> <i>Kylie</i> 12:25-1:05 <i>Time change!</i> Please bring a Yoga mat	<b>Yoga</b> <i>Trudy</i> 12:00-12:45 Please bring a Yoga mat

Begins January 5<sup>th</sup>, 2026

\*Class instructor may vary due to injury/illness

This is a dynamic schedule and will change with member needs  
Classes may not run with 3 or less participants

OXFORD