

# NOVEMBER EVENTS 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <b>Sound Meditation</b> 6:15pm - 7:00pm   Yoga Studio   01	 <b>Yoga</b> 7:30pm - 8:15pm   Liv Fit  02	 <b>Cardio and Core</b> 6:15pm - 7:00pm   Liv Fit   <b>Cook. Eat. Liv.</b> 7:15pm   Virtual  03	 <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit   04	 <b>Outdoor Bootcamp</b> 7:00am - 7:45am Liv Fit Courtyard  05	 <b>Pancake Breakfast</b> 9:00am - 10:00am   The Hub  06
07	 <b>Paint Party &amp; Wine</b> 5:30pm - 7:30pm   The Hub   <b>Sound Meditation</b> 6:15pm - 7:00pm   Yoga Studio   08	 <b>Yoga</b> 7:30pm - 8:15pm   Liv Fit  09	 <b>Cardio and Core</b> 6:15pm - 7:00pm   Liv Fit   <b>Cook. Eat. Liv.</b> 7:15pm   Virtual  10	 <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit   11	 <b>Outdoor Bootcamp</b> 7:00am - 7:45am Liv Fit Courtyard  12	13
 <b>Turkey Trot 5K</b> 9:00am   Liv Avenida  14	 <b>Sound Meditation</b> 6:15pm - 7:00pm   Yoga Studio   15	 <b>Yoga</b> 7:30pm - 8:15pm   Liv Fit  16	 <b>Cardio and Core</b> 6:15pm - 7:00pm   Liv Fit   <b>Cook. Eat. Liv.</b> 7:15pm   Virtual  17	 <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit   18	 <b>Outdoor Bootcamp</b> 7:00am - 7:45am Liv Fit Courtyard   <b>Happy Hour</b> 5:30pm - 7:30pm   The Hub  19	20
 <b>Thanksgiving Dinner Potluck</b> 4:30pm - 6:00pm   The Hub  21	 <b>Sound Meditation</b> 6:15pm - 7:00pm   Yoga Studio   22	 <b>Yoga</b> 7:30pm - 8:15pm   Liv Fit  23	 <b>Cardio and Core</b> 6:15pm - 7:00pm   Liv Fit    24	<b>THANKSGIVING DAY</b> OFFICE CLOSED  25	<b>OFFICE CLOSED</b>  26	27
 <b>Dive In Movie Night</b> 5:00pm - 7:30pm   Liv Pool  28	 <b>Sound Meditation</b> 6:15pm - 7:00pm   Yoga Studio   29	 <b>Yoga</b> 7:30pm - 8:15pm   Liv Fit  30		      Event Benefiting The American Cancer Society's "Relay for Life"		