

# NOVEMBER EVENTS 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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**Outdoor Bootcamp**  
6:45am - 7:15am  
Liv Fit Courtyard

01

**Buns & Guns**  
6:00pm - 6:45pm | Liv Fit

02

**HydroFit**  
10:15am - 11:00am | Pool

04

**Full Body HIIT**  
9:00am - 9:45am | Liv Fit

**Group Hike**  
12:30pm - 2:30pm  
Telegraph Pass

05

**Yoga**  
6:30pm - 7:15pm | Liv Fit

07

**Outdoor Bootcamp**  
6:45am - 7:15am  
Liv Fit Courtyard

**Evolve Mind & Body**  
6:00pm - 7:00pm | The Hub

08

**Buns & Guns**  
6:00pm - 6:45pm | Liv Fit

09

**Coffee Chat**  
9:30am - 10:30am | The Hub

10

**Hiking Club**  
7:00am - 9:00am | TBD

**HydroFit**  
10:15am - 11:00am | Pool

11

**Grind & Grub**  
8:15am - 9:00am | Liv Fit

**Pancake Breakfast**  
9am - 10am | The Hub

12

**Garden Club**  
9:00am - 10:00am | Liv Garden

13

**Yoga**  
6:30pm - 7:15pm | Liv Fit

14

**Outdoor Bootcamp**  
6:45am - 7:15am  
Liv Fit Courtyard

**Video Game Tournament**  
7:00pm - 8:00pm | Game Room

15

**Buns & Guns**  
6:00pm - 6:45pm | Liv Fit

16

**Hiking Club**  
7:00am - 9:00am | TBD

**HydroFit**  
10:15am - 11:00am | Pool

**Happy Hour Potluck**  
6:00pm - 8:00pm | The Hub

18

**Full Body HIIT**  
9:00am - 9:45am | Liv Fit

19

**Turkey Trot**  
9:00am - 10:30am | Liv Avenida

20

**Book Club**  
3:00pm - 4:00pm | The Hub

**Yoga**  
6:30pm - 7:15pm | Liv Fit

21

**Outdoor Bootcamp**  
6:45am - 7:15am  
Liv Fit Courtyard

22

**Buns & Guns**  
6:00pm - 6:45pm | Liv Fit

23

**OFFICE CLOSED**  
Thanksgiving

24

**Hiking Club**  
7:00am - 9:00am | TBD

25

**Kid's Club**  
12:00pm - 1:00pm | The Hub

26

**Garden Club**  
9:00am - 10:00am | Liv Garden

27

**Yoga**  
6:30pm - 7:15pm | Liv Fit

28

**Outdoor Bootcamp**  
6:45am - 7:15am  
Liv Fit Courtyard

29

**Buns & Guns**  
6:00pm - 6:45pm | Liv Fit

30

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**KEY**



**liv**  
responsibly  
event



Event Benefiting  
The American  
Cancer Society's  
"Relay for Life"



**liv**  
well  
event



**liv**  
connected  
event