


















































Class times displayed in Eastern Time. [CLICK HERE](#) to see times in your time zone and class descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Flow 6:55-7:05am Amanda	Upper Body Burn 6:55-7:05am Paige	Core Circuit 6:55-7:05am Deb	Lower Body Burn 6:55-7:05am Lisa	Core Circuit 6:55-7:05am Ann	BodyPump 9-9:45pm 	Dance 9-9:45pm 
Cardio Sculpt 7:10 - 7:40am Amanda	Core Fusion 7:10 - 7:40am Paige	Strong 7:10 - 7:40am Deb	Yoga 7:10 - 7:40am Lisa	HIIT 7:10 - 7:40am Ann	BodyCombat 10-10:45am 	BodyAttack 10-10:45am 
Mobility Boost 7:45 - 7:55am Amanda	Mobility Boost 7:45 - 7:55am Paige	Mobility Boost 7:45 - 7:55am Deb	Core Flow 7:45 - 7:55am Lisa	Mobility Boost 7:45 - 7:55am Ann	BodyAttack 11-11:45am 	Core 11-11:45am 
BodyPump 9 - 9:30am 	BodyBalance 9 - 9:30am 	BodyAttack 9 - 9:30am 	Dance 9 - 9:30am 	BodyCombat 9 - 9:30am 	BodyBalance 12-12:45pm 	Cycle 12-12:45pm 
Stretch: Legs & Wrists 11:30-11:45am Caitlynn	Stretch 11:30-11:45am Amanda	Stretch: Neck & Shoulder 11:30-11:45am Amanda	Stretch 11:30-11:45am Lisa	Stretch: Back & Posture 11:30-11:45am Maria	Dance 1-1:45 	BodyPump 1-1:45 
Upper Body Burn 11:50am-12pm Caitlynn	Core Flow 11:50am-12pm Amanda	Lower Body Burn 11:50am-12pm Amanda	Core Circuit 11:50am-12pm Lisa	Core Flow 11:50am-12pm Maria	Core 2-2:45pm 	BodyCombat 2-2:45pm 
Strong 12:10-12:40pm Brenda	HIIT 12:10-12:40pm Amanda	Cardio Sculpt 12:10-12:40pm Brenda	Strong 12:10-12:40pm Lisa	Cardio Sculpt 12:10-12:40pm Maria	Cycle 3-3:45pm 	BodyBalance 3-3:45pm 
Calm: Breath 1:30-1:40pm Mat	Calm 1:30-1:40pm 	Calm: Visualize 1:30-1:40pm Mat	Calm 1:30-1:40pm 	Quick Calm 1:30-1:40pm Mat	<p>Head to optimal.virtualbyliv.com to see full class descriptions</p> <ul style="list-style-type: none">  Mindfulness  10 minute class  15 minute class  30 minute class  45 minute class  On Demand Video  Les Mills On Demand 	
Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Ann	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Paige	Stretch 1:50-2pm 		
Cardio Sculpt 2:10-2:40pm Caitlynn	Cycle 2:10-2:40pm 	Zumba 2:10-2:40pm Caitlynn	Core 2:10-2:40pm 	Low Impact 2:10-2:40pm 		
Stretch Upper Body 5-5:15pm 	BodyBalance 5-5:15pm 	Yoga Fusion 4:30-5:15pm Trinh	Stretch Hip Mobility 5-5:15pm 	Stretch Spine Mobility 5-5:15pm 		
Core Flow 6:45-6:55pm Trinh	BodyPump Upper Body 6:45-7pm 	Core Circuit 6:45-6:55pm 	BodyPump Lower Body 6:45-7pm 	BodyPump Arms 6:45-7pm 		
Yoga 7-7:45pm Trinh	Grit: Athletic 7-7:30pm 	Cardio Sculpt 7-7:30pm 	Grit: Cardio 7-7:30pm 	Grit: Strength 7-7:30pm 		
BodyBalance 9-9:30pm 	BodyCombat 9-9:30pm 	BodyPump 9-9:30pm 	Cycle 9-9:30pm 	BodyAttack 9-9:30pm 		

Register and join classes via the Optimal Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.



optimal.virtualbyliv.com



optimal@livunltd.com