

OPTIMAL SCHEDULE

January 5 - March 27, 2026

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
Upper Body Burn 6:55-7:05am <i>Amanda</i>	Cardio Blast 6:55-7:05am <i>Tab</i>	Core Circuit 6:55-7:05am <i>Deb</i>	Lower Body Burn 6:55-7:05am <i>Lisa</i>	Core Flow 6:55-7:05am <i>Ann</i>	Strong 9-9:30am ▶	HIIT 9-9:30am ▶
HIIT 7:10 - 7:40am <i>Amanda</i>	Triple Target 7:10 - 7:40am <i>Tab</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	Cardio Sculpt 7:10 - 7:40am <i>Ann</i>	Stretch 10-10:15am ▶	Stretch 10-10:15am ▶
Energize Stretch 7:45 - 7:55am <i>Amanda</i>	Core Circuit 7:45 - 7:55am <i>Tab</i>	Energize Stretch 7:45 - 7:55am <i>Deb</i>	Core Flow 7:45 - 7:55am <i>Lisa</i>	Energize Stretch 7:45 - 7:55am <i>Ann</i>	Cardio Sculpt 11-11:30am ▶	Cardio Boxing 11-11:30am ▶
Cardio Sculpt 9 - 9:30am <i>Caitlynn</i>	Yoga 9 - 9:30am ▶	HIIT 9 - 9:30am <i>Ann</i>	Strong 9 - 9:30am ▶	Ride 9 - 9:30am ▶	Core Flow 12-12:10pm ▶	Core Circuit 12-12:10pm ▶
Stretch: Back & Posture 11:30-11:45am <i>Ashlee</i>	Stretch 11:30-11:45am <i>Ashlee</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Lisa</i>	Stretch 11:30-11:45am <i>Amanda</i>	Stretch: Hips, Wrist, Legs 11:30-11:45am <i>Maria</i>	Yoga 1-1:45pm ▶	Triple Target 1-1:45pm ▶
Cardio Blast 11:50am-12pm <i>Ashlee</i>	Core Circuit 11:50am-12pm <i>Ashlee</i>	Upper Body Burn 11:50am-12pm <i>Lisa</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Lower Body Burn 11:50am-12pm <i>Maria</i>	Upper Body Burn 2-2:10pm ▶	Lower Body Burn 2-2:10pm ▶
Strong 12:10-12:40pm <i>Ashlee</i>	HIIT 12:10-12:40pm <i>Ashlee</i>	Cardio Sculpt 12:10-12:40pm <i>Lisa</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	Triple Target 12:10-12:40pm <i>Maria</i>	Ride 3-3:30pm ▶	Pilates Fusion 3-3:30pm ▶
Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Head to optimal.virtualbyliv.com to see full class descriptions Mindfulness 10 minute class 15 minute class 30 minute class 45 minute class On Demand Video	
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Paige</i>	Stretch 1:50-2pm <i>Dominik</i>	Stretch 1:50-2pm <i>Criss</i>		
Core Circuit 2:10-2:20pm <i>Caitlynn</i>	Lower Body Burn 2:10-2:20pm <i>Ann</i>	Cardio Blast 2:10-2:20pm <i>Paige</i>	Upper Body Burn 2:10-2:20pm <i>Dominik</i>	Pilates Fusion 2:10-2:40pm <i>Criss</i>		
Ride 4:30-5pm <i>Mia</i>	Pilates Fusion 4:30-5pm ▶	Yoga Fusion 4:30-5:15pm <i>Trinh</i>	Cardio Sculpt 4:30-5pm ▶	Strong 4:30-5pm ▶		
Core Flow 6:45-6:55pm <i>Trinh</i>	Energize Stretch 6:45-6:55pm ▶	Stretch 6:45-6:55pm ▶	Core Circuit 6:45-6:55pm <i>Paige</i>	Energize Stretch 6:45-7pm ▶		
Yoga 7-7:45pm <i>Trinh</i>	Cardio Sculpt 7-7:30pm ▶	Triple Target 7-7:30pm ▶	HIIT 7-7:30pm <i>Paige</i>	Cardio Boxing 7-7:30pm ▶		
Triple Target 9-9:30pm ▶	Strong 9-9:30pm ▶	HIIT 9-9:30pm ▶	Ride 9-9:30pm ▶	Yoga 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



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CALENDRIER OPTIMAL

5 janvier - 27 mars 2026



Les horaires des cours sont indiqués en heure de l'Est. [CLIQUEZ ICI](#) pour voir les horaires dans votre fuseau horaire et les descriptions des cours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Haut du Corps Fort 6h55-7h05 <i>Amanda</i>	Cardio Blast 6h55-7h05 <i>Tab</i>	Circuit Abdos 6h55-7h05 <i>Deb</i>	Corps Inférieur Fort 6h55-7h05 <i>Lisa</i>	Flux Abdos 6h55-7h05 <i>Ann</i>	Fort 9h00 - 9h30	HIIT 9h00 - 9h30
HIIT 7h10-7h40 <i>Amanda</i>	Triple cible 7h10-7h40 <i>Tab</i>	Fort 7h10-7h40 <i>Deb</i>	Yoga 7h10-7h40 <i>Lisa</i>	Sculpture Cardio 7h10-7h40 <i>Ann</i>	Étirement 10h00-10h15	Étirement 10h00-10h15
Étirement Énergisant 7h45 - 7h55 <i>Amanda</i>	Circuit Abdos 7h45 - 7h55 <i>Tab</i>	étirement énergisant 7h45 - 7h55 <i>Deb</i>	Flux Abdos 7h45 - 7h55 <i>Lisa</i>	étirement énergisant 7h45 - 7h55 <i>Ann</i>	Sculpture Cardio 11h00-11h30	Boxe Cardio 11h00-11h30
Sculpture Cardio 9h00 - 9h30 <i>Caitlynn</i>	Yoga 9h00 - 9h30	HIIT 9h00 - 9h30 <i>Ann</i>	Fort 9h00 - 9h30	HIIT 9h00 - 9h30	Flux Abdos 12h00-12h10	Circuit Abdos 12h00-12h10
Étirement 11h30-11h45 <i>Ashlee</i>	Étirement 11h30-11h45 <i>Ashlee</i>	Étirement 11h30-11h45 <i>Lisa</i>	Étirement 11h30-11h45 <i>Amanda</i>	Étirement 11h30-11h45 <i>Maria</i>	Yoga Fusion 13h00-13h45	Triple cible 13h00-13h30
Cardio Blast 11h50-12h00 <i>Ashlee</i>	Circuit Abdos 11h50-12h00 <i>Ashlee</i>	Corps Inférieur Fort 11h50-12h00 <i>Lisa</i>	Flux Abdos 11h50-12h00 <i>Amanda</i>	Haut du Corps Fort 11h50-12h00 <i>Maria</i>	Haut du Corps Fort 14h00-14h10	Corps Inférieur Fort 14h00-14h10
Fort 12h10-12h40 <i>Ashlee</i>	HIIT 12h10-12h40 <i>Ashlee</i>	Sculpture Cardio 12h10-12h40 <i>Lisa</i>	Boxe Cardio 12h10-12h40 <i>Amanda</i>	Triple cible 12h10-12h40 <i>Maria</i>	Ride 15h00-15h30	Pilates Fusion 15h00-15h30
Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Calme 13h30-13h40 <i>Mat</i>	Rendez-vous sur optimal.virtualbyliv.com pour consulter la description complète des cours. pleine conscience Cours de 10 minutes Cours de 15 minutes Cours de 30 minutes Cours de 45 minutes Vidéo à la demande	
Étirement 13h50-14h00 <i>Caitlynn</i>	Étirement 13h50-14h00 <i>Ann</i>	Étirement 13h50-14h00 <i>Paige</i>	Étirement 13h50-14h00 <i>Dominik</i>	Étirement 13h50-14h00 <i>Criss</i>		
Circuit Abdos 14h10-14h20 <i>Caitlynn</i>	Corps Inférieur Fort 14h10-14h20 <i>Ann</i>	Cardio Blast 14h10-14h20 <i>Paige</i>	Haut du Corps Fort 14h10-14h20 <i>Dominik</i>	Pilates Fusion 14h10-14h40 <i>Criss</i>		
Ride 16h30-1700 <i>Mia</i>	Pilates Fusion 16h30-1700	Yoga Fusion 16h30-1715 <i>Trinh</i>	Sculpture Cardio 16h30-1700	Fort 16h30-1700		
Flux Abdos 18h45-18h55 <i>Trinh</i>	étirement énergisant 18h45-18h55	Étirement 18h45-18h55	Circuit Abdos 18h45-18h55 <i>Paige</i>	Energize Stretch 18h45-18h55		
Yoga 19h00-19h45 <i>Trinh</i>	Sculpture Cardio 19h00-19h45	Triple cible 19h00-19h45	HIIT 19h00-19h45 <i>Paige</i>	Boxe Cardio 19h00-19h45		
Triple cible 21h00-21h30	Fort 21h00-21h30	HIIT 21h00-21h30	Ride 21h00-21h30	Yoga 21h00-21h30		

Inscrivez-vous et rejoignez les cours via le portail ou l'application myFitness Member Portal.

Toutes les sessions sont diffusées sur Zoom. Le code d'accès pour participer est virtual.



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