

OPTIMAL SCHEDULE

March 30 - June 26, 2026

Class times displayed in Eastern Time.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body Burn 6:55-7:05am Amanda	Cardio Blast 6:55-7:05am Tab	Core Circuit 6:55-7:05am Deb	Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann	Strong 9-9:30am	HIIT 9-9:30am
HIIT 7:10 - 7:40am Amanda	Triple Target 7:10 - 7:40am Tab	Strong 7:10 - 7:40am Deb	Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann	Stretch 10-10:15am	Stretch 10-10:15am
Energize Stretch 7:45 - 7:55am Amanda	Core Circuit 7:45 - 7:55am Tab	Energize Stretch 7:45 - 7:55am Deb	Core Flow 7:45 - 7:55am Lisa	Energize Stretch 7:45 - 7:55am Ann	Cardio Sculpt 11-11:30am	Cardio Boxing 11-11:30am
Cardio Sculpt 10 - 10:30am	Yoga 9 - 9:30am	HIIT 10 - 10:30am Caitlynn	Strong 9 - 9:30am	Ride 10 - 10:30am	Core Flow 12-12:10pm	Core Circuit 12-12:10pm
Stretch: Back & Posture 11:30-11:45am Heather	Stretch 11:30-11:45am Heather	Stretch: Neck & Shoulder 11:30-11:45am Lisa	Stretch 11:30-11:45am Amanda	Stretch: Hips, Wrist, Legs 11:30-11:45am Alissa	Yoga 1-1:45pm	Triple Target 1-1:45pm
Cardio Blast 11:50am-12pm Heather	Lower Body Burn 11:50am-12pm Heather	Core Flow 11:50am-12pm Lisa	Upper Body Burn 11:50am-12pm Amanda	Core Circuit 11:50am-12pm Alissa	Upper Body Burn 2-2:10pm	Lower Body Burn 2-2:10pm
Pilates Fusion 12:10-12:40pm Heather	Cardio Sculpt 12:10-12:40pm Heather	Triple Target 12:10-12:40pm Lisa	Cardio Boxing 12:10-12:40pm Amanda	Strong 12:10-12:40pm Alissa	Ride 3-3:30pm	Pilates Fusion 3-3:30pm
Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	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 	
Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Ann	Stretch 1:50-2pm Olivia	Stretch 1:50-2pm Dominik	Stretch 1:50-2pm Criss		
Lower Body Burn 2:10-2:20pm Caitlynn	Core Circuit 2:10-2:20pm Ann	Upper Body Burn 2:10-2:20pm Olivia	Cardio Blast 2:10-2:20pm Dominik	Pilates Fusion 2:10-2:40pm Criss		
Ride 4:30-5pm Mia	Pilates Fusion 4:30-5pm Criss	Yoga Fusion 4:30-5:15pm Trinh	Cardio Sculpt 4:30-5pm	Strong 4:30-5pm		
Core Flow 6:45-6:55pm Trinh	Energize Stretch 6:45-6:55pm	Stretch 6:45-6:55pm	Core Circuit 6:45-6:55pm	Energize Stretch 6:45-7pm		
Yoga 7-7:45pm Trinh	Zumba 7-7:30pm Caitlynn	Triple Target 7-7:30pm	Strong 7-7:10pm	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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