



April Class Schedule

■ Yoga Classes ■ Fitness Classes ■ Specialty Classes
Please visit website for pricing

414.265.5606
2060 N. Humboldt Ave.
Milwaukee, WI 53212
www.invivowellness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6:00AM - 6:45AM SpeedFit Circuits ALL LEVELS - ROBERT</p> <p>12:00PM - 1:15PM Chakra Flow LEVEL 1-2 - BIZ</p> <p>NEW CLASS! 5:30PM - 6:15PM C3 MARYANN</p> <p>5:30PM - 6:30PM Vinyasa Flow LEVEL 2 - SELIMA</p>	<p>11:00AM - 11:45AM Fitness Fusion Circuits ALL LEVELS - JOZI</p> <p>12:00PM - 1:15PM Yoga for Body, Mind & Spirit ALL LEVELS - JAMIE</p> <p>NEW INSTRUCTOR! 5:30PM - 6:30PM Hatha Yoga Basics LEVEL 1 - CYNTHIA</p>	<p>9:00AM - 9:45AM TRX Circuit ALL LEVELS - KATIE</p> <p>12:00PM - 1:00PM Vinyasa Flow LEVEL 2 - JOZI</p> <p>5:30PM - 6:30PM Vinyasa Flow LEVEL 2 - MARIA</p> <p>7:00PM - 8:00PM Candlelight Yin Yoga ALL LEVELS - ASHLEY</p>	<p>12:00PM - 1:00PM Gentle Yoga LEVEL 1 - REBECCA</p> <p>12:00PM - 12:30PM 30/30 ALL LEVELS - ROBERT</p> <p>5:30PM - 6:15PM SpeedFit Circuits ALL LEVELS - ROBERT</p> <p>5:30PM - 6:30PM Pre & Postnatal Yoga MARIA</p> <p>6:45PM - 7:45PM Yin & Yoga Nidra ALL LEVELS - CYNTHIA</p>	<p>11:00AM - 11:45AM Fitness Fusion Circuits ALL LEVELS - JOZI</p> <p>12:00PM - 1:15PM Therapeutic Yoga ALL LEVELS - BIZ</p> <p>NEW CLASS! 5:30PM - 6:15PM C3 MARYANN</p> <p>5:30PM - 6:30PM Restorative Yoga ALL LEVELS - REBECCA</p> <p>7:00PM - 9:00PM Workshops Visit website or call front desk for details.</p>	<p>9:15AM - 10:00AM SpeedFit Circuits ALL LEVELS - ROBERT</p> <p>10:00AM - 11:00AM Hatha Yoga Basics LEVEL 1 - MARIA</p> <p>11:15AM - 12:15PM Pre & Postnatal Yoga MARIA</p> <p>12:30PM - 5:00PM Workshops Visit website or call front desk for details.</p>	<p>9:30AM - 10:45AM Yoga for Body, Mind & Spirit ALL LEVELS - JAMIE</p> <p>11:00AM - 12:00PM Vinyasa Flow ALL LEVELS - JOZI</p>

Fitness Memberships include orange classes only.
Visit www.invivowellness.com or call to reserve class spot.
Walk-ins are first come, first serve basis.
For more information, call 414.265.5606

Non-Member Class Rates:
Drop In \$15
10 Class Pack Card \$120
20 Class Pack Card \$200

INVIVO Hours:
Monday - Thursday 6AM - 8PM
Friday 6AM - 7PM
Saturday 8AM - 4PM
Sunday 9AM - 2PM