



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

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