



May 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</p> <p>NEW CLASS TIME! 9:00AM - 9:45AM TRX Circuits</p> <p>12:00PM - 1:15PM Yoga for Body, Mind, & Spirit</p> <p>NEW INSTRUCTOR! 5:30PM - 6:30PM C3</p> <p>5:30PM - 6:30PM Vinyasa Flow</p> <p>NEW CLASS TIME! 7:00PM - 8:00PM Restorative Yoga</p>	<p>NEW CLASS! 6:00AM - 6:45AM HIIT (High Intensity Interval Training)</p> <p>11:00AM - 11:45AM Fitness Fusion Circuits</p> <p>12:00PM - 1:15PM Yoga for Body, Mind & Spirit</p> <p>5:30PM - 6:30PM Hatha Yoga</p>	<p>9:00AM - 9:45AM TRX Circuit</p> <p>NEW INSTRUCTOR! 12:00PM - 1:00PM Gentle Yoga</p> <p>5:30PM - 6:30PM Vinyasa Flow</p> <p>7:00PM - 8:00PM Yin Yoga</p>	<p>NEW CLASS! 6:00AM - 6:45AM HIIT (High Intensity Interval Training)</p> <p>12:00PM - 12:30PM 30/30</p> <p>12:00PM - 1:00PM Gentle Yoga</p> <p>5:30PM - 6:30PM Pre & Postnatal Yoga</p> <p>5:30PM - 6:15PM Speedfit</p> <p>NEW CLASS TIME! 7:00PM - 8:00PM Yin & Yoga Nidra</p>	<p>11:00AM - 11:45AM Fitness Fusion Circuits</p> <p>12:00PM - 1:15PM Yoga for Body, Mind, & Spirit</p> <p>NEW CLASS TIME! 5:30PM - 6:30PM Vinyasa Flow</p> <p>5:30PM - 6:15PM C3</p>	<p>9:15AM - 10:00AM SpeedFit Circuits</p> <p>10:00AM - 11:00AM Hatha Yoga</p> <p>11:15AM - 12:15PM Pre & Postnatal Yoga</p>	<p>9:30AM - 10:45AM Yoga for Body, Mind & Spirit</p> <p>11:00AM - 12:00PM Vinyasa Flow</p>