

# SEPTEMBER EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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**KEY**



liv responsibly event



liv well event



liv connected event



**Kickboxing**  
10:30am - 11:15am | Liv Fit

01

02



**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio



**Sound Bath & Breathwork**  
7:30pm - 8:15pm | Virtual

03

OFFICE CLOSED  
LABOR DAY

04



**HydroFit | Ben**  
6:15pm - 7:00pm | Main Pool



**Candle Restorative Yoga**  
7:30pm - 8:15pm  
Yoga Studio

05



**Kid's Club**  
4:00pm - 5:00pm | The Hub



**Buns & Guns**  
7:15pm - 8:00pm | Yoga Studio

06



**Yoga**  
7:30pm - 8:15pm | Liv Fit

07



**Pancake Breakfast**  
9:00am - 10:00am | The Hub

09



**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio



**Sound Bath & Breathwork**  
7:30pm - 8:15pm | Virtual

10



**HydroFit | Ben**  
6:15pm - 7:00pm | Main Pool



**Candle Restorative Yoga**  
7:30pm - 8:15pm  
Yoga Studio

12



**Core Crusher**  
7:15pm - 8:00pm | Yoga Studio

13



**Yoga**  
7:30pm - 8:15pm | Liv Fit

14



**Yappy Hour**  
10:00am - 11:00am | Bark Park



**Kickboxing**  
10:30am - 11:15am | Liv Fit

16



**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio



**Sound Bath & Breathwork**  
7:30pm - 8:15pm | Virtual

17



**HydroFit | Ben**  
6:15pm - 7:00pm | Main Pool



**Candle Restorative Yoga**  
7:30pm - 8:15pm  
Yoga Studio

19



**Buns & Guns**  
7:15pm - 8:00pm | Yoga Studio

20



**Yoga**  
7:30pm - 8:15pm | Liv Fit

21



**Babbo Italian Eatery Food Truck**  
6:00pm - 8:00pm | Front Lot



**Chamber of Commerce**  
6:00pm - 8:00pm | The Hub



**Happy Hour**  
6:00pm - 8:00pm | The Hub

22



**Latin Flair**  
1:00pm - 4:00pm | The Hub

23



**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio



**Sound Bath & Breathwork**  
7:30pm - 8:15pm | Virtual

24



**HydroFit | Ben**  
6:15pm - 7:00pm | Main Pool



**Speed Dating**  
7:00pm - 9:30pm  
Liv Ahwatukee



**Candle Restorative Yoga**  
7:30pm - 8:15pm  
Yoga Studio

26



**Core Crusher**  
7:15pm - 8:00pm | Yoga Studio

27



**Yoga**  
7:30pm - 8:15pm | Liv Fit

28



**Silent Movie Day**  
2:00pm - 6:00pm | The Hub



**Kickball**  
5:30pm - 6:30pm  
Liv Northgate

29



**Video Game Tournament**  
3:00pm - 4:00pm | Game Room

30