

The LIV Collective

| TIME                                                                             | Monday                                                                     |                                                     | Tuesday                                                                                |                                                                         |                                                                       | Wednesday                                                               |                                                                            | Thursday                                                                                       |                                                                 |                                                                         | Friday                                                               |                                                         | Saturday                                                     |                                                             | Sunday                                                                  |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|
| 9:00-10:00                                                                       |                                                                            |                                                     | Club Kidnasium: Kids Gymnastics (3-5 years old)<br>9:30-10:00<br>Free on Facebook Live |                                                                         |                                                                       |                                                                         |                                                                            | Club Kidnasium: Parent & Tot Gymnastics (under 3 years)<br>9:30-10:00<br>Free on Facebook Live |                                                                 |                                                                         |                                                                      |                                                         | Shining Stars: Hip Hop for Tots (3-4 years old)<br>9:00-9:40 |                                                             |                                                                         |
|                                                                                  |                                                                            |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
| 10:00-11:00                                                                      | Shining Stars: Storytime (2+ years old)<br>10:00-10:15                     |                                                     | FitMom: FitKid Yoga<br>10:00-10:15                                                     | Shining Stars: Story time (2+ years old)<br>10:00-10:15                 |                                                                       | FitMom: FitKid<br>10:00-10:15                                           | Shining Stars: Story time (2+ years old)<br>10:00-10:15                    | Shining Stars: Story time (2+ years old)<br>10:00-10:15                                        |                                                                 |                                                                         | FitMom: FitKid Yoga<br>10:00-10:15                                   | Shining Stars: Story time (2+ years old)<br>10:00-10:15 | FitMom: Family Fitness/Yoga Combo<br>10:00-10:30             | Shining Stars: Tiny Twirlers (3-4 years old)<br>10:00-10:40 |                                                                         |
|                                                                                  | Shining Stars: Broadway Kids (5-8 years old)<br>10:30-11:10                |                                                     | FitMom: FitMom 10:15-10:45                                                             | Shining Stars: Preschool Circle Time (18 mo-5 years old)<br>10:30-11:00 |                                                                       | FitMom: FitMom 10:15-10:45                                              | Shining Stars: Tiny Twirlers (3-4 years old)<br>10:30-11:10                | Shining Stars: Preschool Circle Time (18 mo-5 years old)<br>10:30-11:00                        |                                                                 |                                                                         | FitMom: FitMom 10:15-10:45                                           |                                                         | Mighty Mom 10:30-11:00<br>Free on Instagram Live             |                                                             |                                                                         |
| Whole Child Learning Academy: Kindergarten Book Club & Activities<br>11:00-11:30 |                                                                            |                                                     | Shining Stars: Hip Hop for Tots (3-4 years old)<br>11:00-11:40                         |                                                                         |                                                                       | St. Clair Dance Collective: Kids Hip Hop (4-8 years old)<br>11:00-11:30 |                                                                            |                                                                                                |                                                                 |                                                                         | Shining Stars: Ballet/Jazz Level 1 (5+ years old)<br>11:00-11:40     |                                                         | Nancy's Music Room (3+ years old)<br>11:30-12:00             | Nancy's Music Room (3+ years old)<br>11:30-12:00            | St. Clair Dance Collective: Kids Hip Hop (4-8 years old)<br>11:00-11:30 |
|                                                                                  | Shining Stars: Broadway Bound (8-12 years old)<br>11:30-12:10              | Nancy's Music Room (babies/toddlers)<br>11:30-12:00 |                                                                                        | Shining Stars: Stretch (all ages)<br>11:30-12:10                        |                                                                       |                                                                         | St. Clair Dance Collective: Adult Stretch & Strength<br>11:45-12:25        | FitMom: Lunch Break Blast<br>12:00-12:20                                                       |                                                                 | St. Clair Dance Collective: Adult Ballet (beg-int level)<br>11:45-12:25 |                                                                      |                                                         |                                                              |                                                             |                                                                         |
| 12:00-1:00                                                                       |                                                                            |                                                     | FitMom: Lunch Break Blast<br>12:00-12:20                                               |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
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| 1:00-2:00                                                                        | FitMom: FitKid<br>1:15-1:30                                                |                                                     | ThriveKids: 20/20 Circuit (3-14 years old)<br>1:00-1:45                                |                                                                         |                                                                       | FitMom: FitBoogie<br>1:00-1:30                                          | ThriveKids: Farm Visits to Woolly Wonderland (3-14 years old)<br>1:00-1:45 | ThriveKids: 20/20 Circuit (3-14 years old)<br>1:00-1:45                                        |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
|                                                                                  | FitMom: FitMom<br>1:30-2:00                                                |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
| 2:00-3:00                                                                        |                                                                            |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
|                                                                                  | Whole Child Learning Academy: Session Possible (5+ years old)<br>3:00-3:00 |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
| 3:00-4:00                                                                        |                                                                            |                                                     | J with a K Music: Zumbini Class (0-4 years old)<br>3:00-3:45                           | ThriveKids: STEAM/Maker DIY (3-14 years)<br>3:00-3:45                   |                                                                       | J with a K Music: Zumbini Class (0-4 years old)<br>3:00-3:45            | ThriveKids: Music Rocks (3-14 years old)<br>3:00-3:45                      | Club Kidnasium: Strength & Flexibility<br>3:30-4:00<br>Free on Facebook Live                   | J with a K Music: Zumbini Class (0-4 years old)<br>3:00-3:45    | ThriveKids: Improv (3-14 years old)<br>3:00-3:45                        | FitMom: AcroFit<br>3:00-3:45                                         |                                                         |                                                              |                                                             |                                                                         |
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| 4:00-5:00                                                                        | FitMom: Youth Conditioning<br>4:00-4:20                                    |                                                     | FitMom: Youth Conditioning<br>4:00-4:20                                                | J with a K Music: Ukulele (4-6 years old)<br>4:00-4:30                  | Shining Stars: Tiny Twirlers (3-4 years old)<br>4:00-4:40             | FitMom: Youth Conditioning<br>4:00-4:20                                 |                                                                            | FitMom: Youth Conditioning<br>4:00-4:20                                                        |                                                                 |                                                                         | St. Clair Dance Collective: Kids Ballet (4-8 years old)<br>4:00-4:30 | FitMom: Youth Conditioning<br>4:00-4:20                 |                                                              |                                                             |                                                                         |
|                                                                                  | J with a K Music: Glee (6-6 years old)<br>4:15-4:45                        |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
| 5:00-6:00                                                                        | Shining Stars: Stretch (all ages)<br>5:00-5:40                             | J with a K Music: Glee (10+ years old)<br>5:30-6:00 | J with a K Music: Ukulele (7-9 years old)<br>4:45-5:15                                 | Shining Stars: Ballet/Jazz Level 1 (5+ years old)<br>5:00-5:40          | St. Clair Dance Collective: Int Hip Hop (8-11 years old)<br>5:00-5:40 | ThriveKids: Mindfulness (3-14 years old)<br>5:00-5:45                   | Shining Stars: Hip Hop for Kids (5-8 years old)<br>5:00-5:40               |                                                                                                | J with a K Music: Music Production (10+ years old)<br>5:00-5:30 |                                                                         |                                                                      |                                                         |                                                              | ThriveKids: Seniors Yoga<br>4:30-5:15                       |                                                                         |
|                                                                                  |                                                                            |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            |                                                                                                | Shining Stars: Tap for Kids (5-8 years old)<br>5:30-6:15        |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
| 6:00-7:00                                                                        | Shining Stars: Broadway Kids (5-8 years old)<br>6:00-6:40                  |                                                     | J with a K Music: Glee (10+ years old)<br>6:00-6:30                                    |                                                                         |                                                                       | Shining Stars: Hip Hop Groove (8-12 years old)<br>6:00-6:40             |                                                                            | FitMom: Prenatal Yoga<br>6:30-7:00                                                             |                                                                 |                                                                         |                                                                      |                                                         |                                                              | ThriveKids: Yoga (3-14 years old)<br>5:30-6:30              |                                                                         |
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| 7:00-8:00                                                                        | Shining Stars: Broadway Bound (8-12 years old)<br>7:00-7:40                | FitMom: FitWoman Strength Blast<br>7:30-7:50        |                                                                                        |                                                                         |                                                                       | FitMom: FitWoman Strength Blast<br>7:30-7:50                            |                                                                            | ThriveKids: Helping your Kids through Anxiety of COVID-19 (3-14 years old)<br>7:00-7:45        | J with a K Music: Ukulele (10+ years old)<br>7:30-8:00          |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
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| 8:00-9:00                                                                        |                                                                            |                                                     |                                                                                        |                                                                         |                                                                       |                                                                         |                                                                            | J with a K Music: Ukulele Sip and Strum (19+ years old)<br>8:15-8:45                           |                                                                 |                                                                         |                                                                      |                                                         |                                                              |                                                             |                                                                         |
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