

JULY EVENTS 2026

● Events in **orange** represent Liv Well events
 ● Events in **blue** represent Resident-led events (not Liv sponsored)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	  					
			Restorative Yoga 6:45pm - 7:30pm The Hub	Hydrofit 5:15pm - 6:00pm Back Pool		INDEPENDENCE DAY OFFICE CLOSING EARLY
			01	02	03	04
Morning Flow Yoga 9:15am - 10:00am The Hub	Hydrofit 4:00pm - 4:45pm Back Pool		Yappy Hour 4:00pm - 5:00pm Bark Park Chimichurri Argentine Grill Food Truck 5:00pm - 8:00pm Front Lot Restorative Yoga 6:45pm - 7:30pm The Hub	Hydrofit 5:15pm - 6:00pm Back Pool		Pancake Breakfast 9:00am - 10:00am The Hub
05	06	07	08	09	10	11
Morning Flow Yoga 9:15am - 10:00am The Hub	Hydrofit 4:00pm - 4:45pm Back Pool		Kid's Club 4:00pm - 5:00pm The Hub Jet's Pizza Food Truck 5:00pm - 8:00pm Front Lot Restorative Yoga 6:45pm - 7:30pm The Hub	Hydrofit 5:15pm - 6:00pm Back Pool	Jimbo's Just Wing'n It Food Truck 5:00pm - 8:00pm Front Lot	Garden Club 8:00am - 9:00am Liv Garden
12	13	14	15	16	17	18
Morning Flow Yoga 9:15am - 10:00am The Hub	Hydrofit 4:00pm - 4:45pm Back Pool		Facio Dogs Food Truck 5:00pm - 8:00pm Front Lot Restorative Yoga 6:45pm - 7:30pm The Hub	Hydrofit 5:15pm - 6:00pm Back Pool	Happy Hour 6:00pm - 8:00pm The Hub	
19	20	21	22	23	24	25
Morning Flow Yoga 9:15am - 10:00am The Hub	Hydrofit 4:00pm - 4:45pm Back Pool	Nutrition Myth vs. Fact Challenge 6:30pm - 7:15pm The Hub	El New Yorican Puerto Rican Food Truck 5:00pm - 8:00pm Front Lot Restorative Yoga 6:45pm - 7:30pm The Hub	Hydrofit 5:15pm - 6:00pm Back Pool		
26	27	28	29	30	31	

FOLLOW US!

 Instagram: Liv Avenida
 TikTok: @livavenida
 Facebook: Liv Avenida