NOVEMBER 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
Hiking Club 8:00am | Various Locations **Morning Flow Yoga** 9:15am - 10:00am | The Hub 01	**Strength & Cardio** 4:00pm - 4:45pm | Liv Fit 02	03	**Yappy Hour** 4:00pm - 5:00pm | Bark Park **Pilates** 4:30pm - 5:15pm | The Hub **Facio's Dogs Food Truck** 5:00pm - 8:00pm | Front Lot 04	05	06	**Garden Club** 9:00am - 10:00am | Liv Garden 07
Hiking Club 8:00am | Various Locations **Morning Flow Yoga** 9:15am - 10:00am | The Hub 08	**Strength & Cardio** 4:00pm - 4:45pm | Liv Fit 09	10	**Pilates** 4:30pm - 5:15pm | The Hub **Chimichurri's Food Truck** 5:00pm - 8:00pm | Front Lot 11	**Kid's Club** 4:00pm - 5:00pm | The Hub 12	**National World Kindness Day** 9:00am - 6:00pm | The Hub 13	**Pancake Breakfast** 9:00am - 10:00am | The Hub 14
Hiking Club 8:00am | Various Locations **Morning Flow Yoga** 9:15am - 10:00am | The Hub 15	**Strength & Cardio** 4:00pm - 4:45pm | Liv Fit 16	17	**Pilates** 4:30pm - 5:15pm | The Hub 18	19	**LivGiving + Happy Hour** 6:00pm - 8:00pm | The Hub 20	21
Hiking Club 8:00am | Various Locations **Morning Flow Yoga** 9:15am - 10:00am | The Hub **Turkey Trot at Liv Avenida** 12:00pm | Liv Avenida 22	**Strength & Cardio** 4:00pm - 4:45pm | Liv Fit 23	24	**Pilates** 4:30pm - 5:15pm | The Hub 25	THANKSGIVING Office Closed 26	Office Closed 27	28
Hiking Club 8:00am | Various Locations **Morning Flow Yoga** 9:15am - 10:00am | The Hub 29	**Strength & Cardio** 4:00pm - 4:45pm | Liv Fit 30					

liv connected · liv responsibly · liv well

liv avenida

FOLLOW US!

Instagram: Liv Avenida

TikTok: @livavenida

Facebook: Liv Avenida