



GROUP EXERCISE SCHEDULE

OCTOBER 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:15 am - Studio A Lauren	YOGA 6:00 am - Studio B Jen	BOOTCAMP 8:00 am - Studio A Ande	YOGA 6:00 am - Studio B Jen	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	FLOW YOGA 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah
SCULPT 8:15 am - Studio A Allison	SUNRISE CYCLE 6:00 am - Cycle Studio Bridgette	RHYTHM RIDE 8:00 am - Cycle Studio Sonja	BOOTCAMP 6:00 am - Studio A Sarah	BOOTCAMP 8:00 am - Studio A Bridgette	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria
VIVE CYCLE 8:15 am - Cycle Studio Amy	SWEAT & SCULPT 8:00 am - Studio A Bridgette	SCULPT 9:00 am Studio A Kitty	MAT PILATES 8:00 am - Studio A Maria	BARRE FUSION 8:15 am - Studio B Lori	SPOTLIGHT RIDE* 8:00 am - Cycle Studio Bridge, Ande, Savanna, Amy	RHYTHM RIDE 9:30 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	FIT BARRE 8:15 am - Studio B Lori	SCULPT 10:00 am Studio A Kitty	VIVE CYCLE 8:15 am - Cycle Studio Amy	SCULPT 9:00 am Studio A Kitty	DANCE FITNESS 9:00 am - Studio A Vanessa	
SLOW VIBES YOGA 9:30 am - Studio B Elyse	MUSCLES IN MOTION 9:30 am - Studio A Jeanine		TABATA 9:15 am - Studio A Amy	SCULPT 10:00 am Studio A Kitty	RHYTHM RIDE 9:00 am - Cycle Studio Sonja	
	VINYASA YOGA 9:30 am - Studio B Elyse				*Spotlight Instructors are listed in order of weekly instruction	
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:00 pm - PT Studio Kitty	POWER FLOW 5:00 pm - Studio B Alison	MAT PILATES 5:30 pm - Studio B Lauren			
SWEAT & SCULPT 5:00 pm - Studio A Bridgette	ARMS + ABS 6:00 pm - Studio A Brier	BUNS & GUNS 6:00 pm - Studio A Brier	ZUMBA 6:00 pm - Studio A Jeannine			
ZUMBA 6:00 pm - Studio A Vanessa						

CHILD CARE HOURS
Daytime
 Monday- Sunday
 8am to 11am

Nighttime
 Monday- Wednesday
 4:00pm to 7:00pm



Shake of
the Month

PUMPKIN SPICE