



# GROUP EXERCISE SCHEDULE

MAY 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAT PILATES</b> 7:15 am - Studio A Lauren	<b>YOGA</b> 6:00 am - Studio B Jen	<b>VIVE CYCLE</b> 8:00 am - Cycle Studio Jan	<b>YOGA</b> 6:00 am - Studio B Jen	<b>SUNRISE CYCLE</b> 6:00 am - Cycle Studio Susan	<b>FLOW YOGA</b> 8:00 am - Studio B Jen	<b>YOGA</b> 8:00 am - Studio A Sarah
<b>SCULPT</b> 8:15 am - Studio A Jan	<b>SUNRISE CYCLE</b> 6:00 am - Cycle Studio Bridgette	<b>TURNED UP</b> 8:00 am - Studio A Ande	<b>BOOTCAMP</b> 6:00 am - Studio A Sarah	<b>VIVE CYCLE</b> 8:00 am - Cycle Studio Ande	<b>BOOTCAMP</b> 8:00 am - Studio A Sarah	<b>MAT PILATES</b> 9:00 am - Studio A Maria
<b>VIVE CYCLE</b> 8:15 am - Cycle Studio Amy	<b>CARDIO &amp; CORE</b> 8:00 am - Studio A Bridgette	<b>SCULPT</b> 9:00 am - Studio A Kitty	<b>MAT PILATES</b> 8:00 am - Studio A Maria	<b>BOOTCAMP</b> 8:00 am - Studio A Bridgette	<b>VIVE CYCLE</b> 8:30 am - Cycle Studio Liz	<b>VIVE CYCLE</b> 9:30 am - Cycle Studio Ande
<b>BOOTCAMP</b> 9:15 am - Studio A Amy	<b>FIT BARRE</b> 8:15 am - Studio B Lori	<b>SCULPT</b> 10:00 am - Studio A Kitty	<b>VIVE CYCLE</b> 8:15 am - Cycle Studio Amy	<b>SCULPT</b> 9:00 am - Studio A Kitty	<b>DANCE FITNESS</b> 9:00 am - Studio A Vanessa	<b>BOOTCAMP</b> 10:30 am - Studio A Ande
<b>YOGA</b> 9:30 am - Studio B Elyse	<b>SWEAT &amp; SCULPT</b> 9:15 am - Studio A Bridgette		<b>TABATA</b> 9:15 am - Studio A Amy	<b>SCULPT</b> 10:00 am - Studio A Kitty	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>MEMORIAL DAY</b></p> <p><b>WEEKEND</b></p> <p><i>Saturday &amp; Sunday</i></p> <p><i>Regular Hours &amp; Class Schedule</i></p> <p><b>*SATURDAY - 5/24*</b></p> <p>Join Amy at 10AM for the MURPH CHALLENGE!</p> <p><i>Sign up at front desk by 5/22</i></p> <p><b>MONDAY ONLY - 5/26</b></p> <p>Revised Hours 6AM -12PM</p> <p>No child care</p> <p><b>REVISED Class Schedule - 5/26</b></p> <p>8AM - RIDE w/ JAN</p> <p>9AM - BOOTCAMP w/ ANDE</p> </div>	
	<b>YOGA</b> 9:30 am - Studio B Elyse					
<b>BOOTCAMP</b> 4:00 pm - Studio A Kitty	<b>KB SWING &amp; SCULPT</b> 5:15 pm - PT Studio Kitty	<b>DANCE FITNESS</b> 5:00 pm - Studio A Sofia & Lily	<b>MAT PILATES</b> 5:30 pm - Studio A Lauren			
<b>CARDIO &amp; CORE</b> 5:00 pm - Studio A Bridgette	<b>ARMS + ABS</b> 6:00 pm - Studio A Brier	<b>YOGA</b> 5:30 pm - Studio B Alison				
<b>DANCE FITNESS</b> 6:00 pm - Studio A Vanessa		<b>BUNS &amp; GUNS</b> 6:00 pm - Studio A Brier				
<div style="border: 1px solid black; padding: 5px;"> <p><b>CHILD CARE HOURS</b></p> <p><b>Daytime</b> Monday- Sunday 8am to 11am</p> <p><b>Nighttime</b> Monday- Wednesday 4:00pm to 7:00pm</p> </div>						
					<div style="border: 2px solid black; border-radius: 20px; padding: 10px; text-align: center;">  <p><b>Shake of the Month</b></p> <p><b>STRAWBERRY BANANA</b></p> </div>	