



GROUP EXERCISE SCHEDULE

OCTOBER 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:45 am - Studio B Lori	YOGA 6:00 am - Studio B Jen	BOOTCAMP 6:00 am - Studio A Bridgette	YOGA 6:00 am - Studio B Jen	BOOTCAMP 6:00 am - Studio A Sarah	FLOW YOGA 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah
VIVE CYCLE 8:15 am - Cycle Studio Amy	SUNRISE CYCLE 6:00 am - Cycle Studio Bridgette	VIVE CYCLE 8:00 am - Cycle Studio Jan	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	VIVE CYCLE 8:00 am - Cycle Studio Ande	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria
SCULPT 8:15 am - Studio A Jan	CARDIO & CORE 8:00 am - Studio A Bridgette	TURNED UP 8:00 am - Studio A Ande	MAT PILATES 8:00 am - Studio A Maria	BOOTCAMP 8:00 am - Studio A Bridgette	VIVE CYCLE 8:30 am - Cycle Studio Liz	VIVE CYCLE 9:00 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	FIT BARRE 8:15 am - Studio B Lori	SCULPT 9:00 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	BOOTCAMP 10:00 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	SWEAT & SCULPT 9:15 am - Studio A Bridgette	SCULPT 10:00 am - Studio A Kitty	TABATA 9:15 am - Studio A Amy	SCULPT 10:00 am - Studio A Kitty		
	YOGA 9:30 am - Studio B Elyse	POP UP STRETCH AND MOBILITY WITH BRIDGE 7AM in STUDIO A 10/22 AND 10/29			CHILD CARE HOURS Daytime Monday- Sunday 8am to 11am Nighttime Monday- Wednesday 4:00pm to 7:00pm	
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:15 pm - PT Studio Kitty	BUNS & GUNS 5:30 pm - Studio A Brier	DANCE FITNESS 6:00 pm - Studio A Sofia			
RHYTHM RIDE 6:00 pm - Cycle Studio Daryl	ARMS + ABS 5:30 pm - Studio A Brier	YOGA 6:30 pm - Studio B Alison	MAT PILATES 6:00 pm - Studio B Kristin			
DANCE FITNESS 6:00 pm - Studio A Vanessa		OCTOBER 15TH POP UP DANCE FITNESS WITH ERIN 7PM in STUDIO A		 Shake of the Month PUMPKIN SPICE		
OCTOBER 13TH EVENING COLUMBUS DAY NO NIGHT CLASSES NO CHILD CARE						