GROUP EXERCISE SCHEDULE

NOVEMBER 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6:00 am - Studio A Sam	**YOGA** 6:00 am - Studio B Jen	**BOOTCAMP** 6:00 am - Studio A Sarah	**YOGA** 6:00 am - Studio B Jen	**BOOTCAMP** 6:00 am - Studio A Bridgette	**FLOW YOGA** 8:00 am - Studio B Jen	**YOGA** 8:00 am - Studio A Sarah
MAT PILATES 7:45 am - Studio B Lori	**SUNRISE CYCLE** 6:00 am - Cycle Studio Bridgette	**TURNED UP** 8:00 am - Studio A Ande	**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
VIVE CYCLE 8:15 am - Cycle Studio Paul (Ande on Nov 10th)	**STRETCH & MOBILITY** 7:00 am - Studio A Bridgette	**VIVE CYCLE** 8:15 am - Cycle Studio Jan	**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
SCULPT 8:15 am - Studio A Jan	**CARDIO & CORE** 8:00 am - Studio A Amy	**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
BOOTCAMP 9:15 am - Studio A Amy	**FIT BARRE** 8:15 am - Studio B Lori	**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	**SWEAT & SCULPT** 9:15 am - Studio A Bridgette					
	YOGA 9:30 am - Studio B Elyse					
BOOTCAMP 4:00 pm - Studio A Kitty	**KB SWING & SCULPT** 5:15 pm - PT Studio Kitty	**BUNS & GUNS** 5:30 pm - Studio A Brier	**BOOTCAMP** 4:00 pm - Studio A Bridgette			
DANCE FITNESS 6:00 pm - Studio A Vanessa	**ARMS + ABS** 5:30 pm - Studio A Brier	**YOGA** 5:30 pm - Studio B Alison	**DANCE FITNESS** 6:00 pm - Studio A Sofia			

THANKSGIVING DAY

GYM HOURS: 6AM-12PM

CLASS SCHEDULE

- 8AM - TURKEY HUSTLE UP TO THE BOARDWALK w Daryl & Bridge
- 9:15AM - BOOTCAMP w Amy

-NO CHILD CARE ON THANKSGIVING
-NO CLASSES WED. NIGHT 11/26
-NO FRI. 6AM BOOTCAMP 11/28

DANCE FITNESS

11/5 7PM Pop Up Class with Erin
11/24 No class
11/25 6:30-8:00PM Pop Up Class
~*Wobble before you Gobble*~
with Vanessa & Sofia

CHILD CARE HOURS

Daytime
Monday- Sunday
8am to 11am

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

Shake of the Month

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