



GROUP EXERCISE SCHEDULE

DECEMBER 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 Amy, Alison, Paul, Paul, Paul	CARDIO & CORE 8:00 am - Studio A Amy	VIVE CYCLE 8:00 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	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
BOOTCAMP 9:15 am - Studio A Amy	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	HOLIDAY HOURS: <i>Modified class schedules. No childcare.</i> Christmas Eve GYM HOURS 6AM -12PM <u>Modified Class Schedule</u> -8AM Sculpt w Sarah -9AM Reindeer Games w Amy Christmas Day-Closed New Years' Eve GYM HOURS 6AM-2PM <u>Modified Class Schedule</u> -8AM Bootcamp w Sarah -9AM Sculpt w Kitty -10AM Dance w Vanessa New Year' Day GYM HOURS 8AM-2PM	
YOGA 9:30 am - Studio B Elyse	YOGA 9:30 am - Studio B Elyse			POP UP 30 MIN. RIDE Ride & Sculpt with Bridge 7:00 AM 12/12 & 12/19		
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			
DANCE FITNESS 12/3 7PM Pop Up Class with Erin			CHILD CARE HOURS Daytime Monday- Sunday 8am to 11am Nighttime Monday- Thursday* 4:00pm to 7:00pm			
NIGHT YOGA Classes will move to 5:30PM on Tuesday 12/23 and 12/30						
BUNS & GUNS No Classes 12/23 and 12/30						