



# GROUP EXERCISE SCHEDULE

JANUARY 2026

vivefitnessnj.com

| MONDAY                                                | TUESDAY                                                      | WEDNESDAY                                                         | THURSDAY                                                    | FRIDAY                                             | SATURDAY                                              | SUNDAY                                                             |
|-------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------|
| <b>BOOTCAMP</b><br>6:00 am - Studio A<br>Sam          | <b>YOGA</b><br>6:00 am - Studio B<br>Jen                     | <b>STEP &amp; SCULPT</b><br>6:00 am - Studio A<br>Sarah           | <b>YOGA</b><br>6:00 am - Studio B<br>Jen                    | <b>BOOTCAMP</b><br>6:00 am - Studio A<br>Bridgette | <b>FLOW YOGA</b><br>8:00 am - Studio B<br>Jen         | <b>YOGA</b><br>8:00 am - Studio A<br>Sarah                         |
| <b>MAT PILATES</b><br>7:45 am - Studio B<br>Lori      | <b>SUNRISE CYCLE</b><br>6:00 am - Cycle Studio<br>Bridgette  | <b>TURNED UP</b><br>8:00 am - Studio A<br>Ande                    | <b>SUNRISE CYCLE</b><br>6:00 am - Cycle Studio<br>Susan     | <b>BOOTCAMP</b><br>8:00 am - Studio A<br>Bridgette | <b>BOOTCAMP</b><br>8:00 am - Studio A<br>Sarah        | <b>MAT PILATES</b><br>9:00 am - Studio A<br>Maria                  |
| <b>VIVE CYCLE</b><br>8:15 am - Cycle Studio<br>Amy    | <b>CARDIO &amp; CORE</b><br>8:00 am - Studio A<br>Amy        | <b>VIVE CYCLE</b><br>8:00 am - Cycle Studio<br>Jan                | <b>MAT PILATES</b><br>8:00 am - Studio A<br>Maria           | <b>SCULPT</b><br>9:00 am - Studio A<br>Kitty       | <b>VIVE CYCLE</b><br>8:30 am - Cycle Studio<br>Liz    | <b>VIVE CYCLE</b><br>9:00 am - Cycle Studio<br>Ande                |
| <b>SCULPT</b><br>8:15 am - Studio A<br>Jan            | <b>FIT BARRE</b><br>8:15 am - Studio B<br>Lori               | <b>SCULPT</b><br>9:00 am - Studio A<br>Kitty                      | <b>VIVE CYCLE</b><br>8:15 am - Cycle Studio<br>Amy          | <b>SCULPT</b><br>10:00 am - Studio A<br>Kitty      | <b>DANCE FITNESS</b><br>9:00 am - Studio A<br>Vanessa | <b>BOOTCAMP</b><br>10:00 am - Studio A<br>Ande                     |
| <b>BOOTCAMP</b><br>9:15 am - Studio A<br>Amy          | <b>SWEAT &amp; SCULPT</b><br>9:15 am - Studio A<br>Bridgette | <b>SCULPT</b><br>10:00 am - Studio A<br>Kitty                     | <b>TABATA</b><br>9:15 am - Studio A<br>Amy                  |                                                    |                                                       | <b>SPEED SCHOOL</b><br>11:00 am - Studio A<br>Contact Dan for info |
| <b>YOGA</b><br>9:30 am - Studio B<br>Elyse            | <b>YOGA</b><br>9:30 am - Studio B<br>Elyse                   |                                                                   |                                                             |                                                    |                                                       |                                                                    |
|                                                       |                                                              |                                                                   |                                                             |                                                    |                                                       |                                                                    |
|                                                       |                                                              |                                                                   |                                                             |                                                    |                                                       |                                                                    |
| <b>BOOTCAMP</b><br>4:00 pm - Studio A<br>Kitty        | <b>KB SWING &amp; SCULPT</b><br>5:15 pm - PT Studio<br>Kitty | <b>SPEED SCHOOL</b><br>4:00 pm - Studio A<br>Contact Dan for info | <b>SWEAT &amp; SCULPT</b><br>4:00 pm - Studio A<br>Isabella |                                                    |                                                       |                                                                    |
| <b>DANCE FITNESS</b><br>6:00 pm - Studio A<br>Vanessa | <b>ARMS + ABS</b><br>5:30 pm - Studio A<br>Brier             | <b>BUNS &amp; GUNS</b><br>5:30 pm - Studio A<br>Brier             | <b>DANCE FITNESS</b><br>6:00 pm - Studio A<br>Sofia         |                                                    |                                                       |                                                                    |
| <b>SCULPT</b><br>6:30 pm - Studio B<br>Dylan          | <b>FLOOR SCULPT</b><br>6:30 pm - Studio A<br>Bridgette       | <b>YOGA</b><br>5:30 pm - Studio B<br>Alison                       |                                                             |                                                    |                                                       |                                                                    |
|                                                       |                                                              |                                                                   |                                                             |                                                    |                                                       |                                                                    |
|                                                       |                                                              |                                                                   |                                                             |                                                    |                                                       |                                                                    |
|                                                       |                                                              |                                                                   |                                                             |                                                    |                                                       |                                                                    |

**\*NEW\* CHILD CARE HOURS**

**Daytime**  
Monday- Sunday  
8:00am to 12:00pm

**Nighttime**  
Monday- Thursday  
4:00pm to 7:30pm

**SUNDAY**  
**POP UP SCULPT**  
**w Jordan**  
Jan. 4th 10AM  
Studio B



**Shake of the Month**

**OREO**