



GROUP EXERCISE SCHEDULE

FEBRUARY 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT BOOTCAMP 6:00 am - Studio A Daryl	YOGA 6:00 am - Studio B Jen	STEP & SCULPT 6:00 am - Studio A Sarah	YOGA 6:00 am - Studio B Jen	BOOTCAMP 6:00 am - Studio A Sam	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 Liz	TURNED UP 8:00 am - Studio A Ande	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	RIDE & SCULPT 30 7:00 am - Cycle Studio Bridgette	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria
VIVE CYCLE 8:00 am - Cycle Studio Ande	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 8:00 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 Bridge 2/5,12,19, Amy 26th	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	PRESIDENTS DAY Monday, Feb. 16th Regular Gym Hours Regular Class Schedule No 6 am class. No childcare.	
YOGA 9:30 am - Studio B Elyse	YOGA 9:30 am - Studio B Elyse					
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:15 pm - PT Studio Kitty	YOGA 5:30 pm - Studio B Alison	SWEAT & SCULPT 4:00 pm - Studio A Bridgette	FRIDAY POP UP DANCE FIT w Erin Feb 20th at 6:30PM Studio A		*NEW* CHILD CARE HOURS <u>Daytime</u> Monday- Friday 8AM-11AM Saturday- Sunday 8AM-12PM <u>Nighttime</u> Monday- Thursday 4:00pm to <u>7:30pm</u>
DANCE FITNESS 6:00 pm - Studio A Vanessa	ARMS + ABS 5:30 pm - Studio A Jordan	BUNS & GUNS 6:00 pm - Studio A Daryl	DANCE FITNESS 6:00 pm - Studio A Sofia			
SCULPT 6:30 pm - Studio B Dylan	FLOOR SCULPT 6:30 pm - Studio A Bridgette					



Shake of
the Month

**CHOCOLATE
PEANUT BUTTER**