



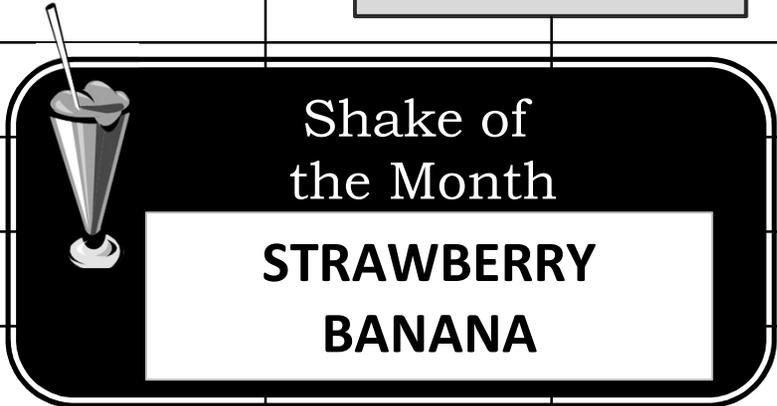
GROUP EXERCISE SCHEDULE

March 2026

vivefitnessnj.com

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	BOOTCAMP 8:00 am - Studio A Ande	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	TABATA 8:00 am - Studio A Amy	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 Daryl (4,11) Bridge (18, 25)	MAT PILATES 8:00 am - Studio A Maria	SCULPT 9:00 am - Studio A Kitty	VIVE CYCLE 8:30 am - Cycle Studio Liz	VIVE CYCLE 9:00 am - Cycle Studio Ande
SCULPT 8:00 am - Studio A Daryl	FIT BARRE 8:15 am - Studio B Lori	SCULPT 9:00 am - Studio A Kitty	VIVE CYCLE 8:15 am - Cycle Studio Bridgette	SCULPT 10:00 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	BOOTCAMP 9:15 am - Studio A Bridgette			
YOGA 9:30 am - Studio B Elyse	YOGA 9:30 am - Studio B Elyse					
BOOTCAMP 4:00 pm - Studio A Kitty	ARMS +ABS 5:30 pm - Studio A Jordan	YOGA 5:30 pm - Studio B Alison	SWEAT & SCULPT 4:00 pm - Studio A Daryl			
DANCE FITNESS 6:00 pm - Studio A Vanessa	FLOOR SCULPT 6:15 pm - Studio B Bridgette	BUNS & GUNS 6:00 pm - Studio A Daryl	DANCE FITNESS 6:00 pm - Studio A Sofia			
SCULPT 6:30 pm - Studio B Dylan						

CHILD CARE HOURS
Daytime
 Monday- Friday 8AM-11AM
 Saturday- Sunday 8AM-12PM
Nighttime
 Monday- Thursday
 4:00pm to 7:30pm



Shake of the Month
STRAWBERRY BANANA