VIVE FITNESS

GROUP EXERCISE SCHEDULE

April 2026

vivefitnessnj.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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** 7:30 am - Studio B Jen	**YOGA** 8:00 am - Studio A Sarah
VIVE CYCLE 8:00 am - Cycle Studio Jen L.	**SUNRISE CYCLE** 6:00 am - Cycle Studio Liz	**BOOTCAMP** 8:00 am - Studio A Bridgette	**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
BEAT BURN 8:00 am - Studio A Daryl	**CARDIO & CORE** 8:00 am - Studio A Amy	**SCULPT** 9:00 am - Studio A Kitty	**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
BOOTCAMP 9:15 am - Studio A Amy	**FIT BARRE** 8:15 am - Studio B Lori	**SCULPT** 10:00 am - Studio A Kitty	**VIVE CYCLE** 8:15 am - Cycle Studio Bridgette	**SCULPT** 10:00 am - Studio A Kitty	**DANCE FITNESS** 9:15 am - Studio A Vanessa	**BOOTCAMP** 10:00 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	**SWEAT & SCULPT** 9:15 am - Studio A Bridgette		**BOOTCAMP** 9:15 am - Studio A Bridgette			
	YOGA 9:30 am - Studio B Elyse					
BOOTCAMP 4:00 pm - Studio A Kitty	**ARMS +ABS** 5:30 pm - Studio A Jordan (7,14) Brier (21,28)	**YOGA** 5:30 pm - Studio B Alison	**BEAT BURN** 5:00 pm - Studio A Daryl			
DANCE FITNESS 6:00 pm - Studio A Vanessa		**BEAT BURN** 6:00 pm - Studio A Daryl	**DANCE FITNESS** 6:00 pm - Studio A Sofia			
SCULPT 6:30 pm - Studio B Dylan			**MAT PILATES** 6:00 pm - Studio B Lauren			
		APRIL 22 - POP UP **7PM Dance Fitness** **with Erin**				

EASTER
Sunday, April 5th
THE GYM IS CLOSED.

CHILD CARE HOURS

Daytime
Monday- Friday 8AM-11AM
Saturday- Sunday 8AM-12PM

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

Shake of the Month

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