GROUP EXERCISE SCHEDULE

July 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
	SUNRISE CYCLE 6:00 am - Cycle Studio Liz	**BOOTCAMP** 8:00 am - Studio A Brigette P.	**SUNRISE CYCLE** 6:00 am - Cycle Studio Susan	**TABATA** 8:00 am - Studio A Amy	**BOOTCAMP** 8:00 am - Studio A Donna	**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 Brigette P.	**FIT BARRE** 8:15 am - Studio B Lori	**SCULPT** 10:00 am - Studio A Kitty	**VIVE CYCLE** 8:00 am - Cycle Studio Bridge	**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 L		**BOOTCAMP** 9:00 am - Studio A Bridge			
	YOGA 9:30 am - Studio B Elyse					
BOOTCAMP 4:00 pm - Studio A Kitty	**ARMS & ABS** 5:30pm - Studio A Brier	**YOGA** 4:30 pm - Studio B Alison				
DANCE FITNESS 6:00 pm - Studio A Vanessa		**BEAT BURN** 6:00 pm - Studio A Daryl	**MAT PILATES** 6:00 pm - Studio B Lauren			

CHILD CARE HOURS

Daytime:
Monday-Friday 8am-11am
Saturday - Sunday 8am-12pm

Nighttime:
Monnday-Thursday 4pm-7:30pm

4th of July Schedule

- No classes
- No child care

Gym Hours:
6am - 12pm

Shake of the month:

Orange Creamsicle