



GROUP EXERCISE SCHEDULE

August 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6:00 am - Studio A Sam	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
CYCLE 7:00 am - Cycle Studio Liz	SUNRISE CYCLE 6:00 am - Cycle Studio Liz	BOOTCAMP 8:00 am - Studio A Brigitte 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
BOOTCAMP 8:00 am - Studio A Brigitte P.	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 Brigitte 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 Sophia, Lily, Erin	BOOTCAMP 10:00 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	SWEAT & SCULPT 9:15 am - Studio A Bridge		BOOTCAMP 9:00 am - Studio A Bridge			
	YOGA 9:30 am - Studio B Elyse			CHILD CARE HOURS Daytime: Monday-Friday 8am-11am Saturday - Sunday 8am-12pm Nighttime: Monday-Thursday 4pm-7:30pm		
BOOTCAMP 4:00 pm - Studio A Kitty	ARMS & ABS 5:30pm - Studio A Brier	YOGA 4:30 pm - Studio B Alison			Dance Fitness Pop Ups August 12th 7pm August 18th 7pm August 25th 7pm	
		BEAT BURN 6:00 pm - Studio A Daryl	MAT PILATES 6:00 pm - Studio B Lauren			
					Shake of the month: Dreamy Peanut Butter	