GROUP EXERCISE VIVE POINT BEACH DECEMBER '26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 6am / Studio A Sam - 45 min	**YOGA** 6am / Studio B Jen - 60 min	**STEP+SCULPT** 6am / Studio A Sarah - 45 min	**YOGA** 6am / Studio B Jen - 60 min	**BOOTCAMP** 6am / Studio A Sam - 45 min	**YOGA** 8am / Studio B Jen - 60 min	**YOGA** 8am / Studio A Sarah - 60 min
VIVE CYCLE 8am / Cycle Studio Paul - 45 min	**SUNRISE CYCLE** 6am / Cycle Studio Susan - 45 min No class 12/1	**MAT+MUSCLE** 8am / Studio A Brier - 45 min	**SUNRISE CYCLE** 6am / Cycle Studio Susan - 45 min	**TABATA** 8am / Studio A Amy - 45 min	**BUNS+GUNS** 8am / Studio A Brier - 45 min	**MAT PILATES** 9am / Studio A Maria - 60 min
STRENGTH 8am / Studio A Dylan - 45 min	**CARDIO+CORE** 8am / Studio A Amy - 45 min	**SCULPT** 9am / Studio A Kitty - 45 min	**MAT PILATES** 8am / Studio A Maria - 45 min	**SCULPT** 9am / Studio A Kitty - 45 min	**RIP+RIDE** 8:30am / Cycle Studio Ande - 45 min	**BOOTCAMP** 10:15am / Studio A Elise - 45 min
BOOTCAMP 9:15am / Studio A Ellse - 45 min	**BARRE FUSION** 8:15am / Studio B Lori - 60 min	**SCULPT** 10am / Studio A Kitty - 45 min	**VIVE CYCLE** 8am / Cycle Studio Bridgette - 45 min	**SCULPT** 10am / Studio A Kitty - 45 min	**DANCE FITNESS** 9:15am / Studio A Erin - 60 min	★ Denotes time, instructor or class change
YOGA 9:30am / Studio B Elyse - 60 min	**SWEAT+SCULPT** 9:15am / Studio A Bridgette - 45 min	★ **BEAT BURN** 6pm / Studio A Kris - 45 min	**BOOTCAMP** 9am / Studio A Bridgette - 45 min			
BOOTCAMP 4pm / Studio A Kitty - 45 min	**YOGA** 9:30am / Studio B Elyse- 60 min	★ **YOGA** 5:30pm / Studio B Alison - 60 min	★ **HIITxPILATES** 4pm / Studio A Bridgette - 45 min			
DANCE FITNESS 6pm / Studio A Sofia - 60 min	**ARMS+ABS** 5:30pm / Studio A Brier - 45 min					

HOLIDAY POP-UP

Tinsel+Tone

Tues. Dec. 15th • 4pm • with BRIDGETTE

HOLIDAY HOURS

CHRISTMAS EVE : 6 AM - 12 PM

Yoga with Jen @ 8am

••• REST DAY •••

CLOSED CHRISTMAS DAY

NO CHILDCARE 12/24 • 12/31 • 1/1

NEW YEAR'S EVE : 6 AM - 2 PM

Pilates with Maria @ 8am
Bootcamp with Bridgette @ 9am

NEW YEAR'S DAY : 8 AM - 2 PM

No Classes New Year's Day

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