

CLASS SCHEDULE

Our Unique Programs
Guarantee your Success!



STAFF
HOURS

UNSTAFFED

12:00 PM - 8:00 PM

10:00 AM
- 4:00 PM

AFTERNOON & EVENING CLASSES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

Gentle Yoga
RUTH
10am-11am

Kettlebell
ZANETA
10am-11am

Bootcamp
ZANETA
10am-11am

Bootcamp
ZANETA
9am-10am

Pilates Core
RUTH
11am-12pm

Cardio Blast
ZANETA
11am-12pm

Gentle Yoga
RUTH
11am-12pm

Kettlebell
ZANETA
11am-12pm

Gentle Yoga
RUTH
11am-12pm

Please use
'ViveFitness
24/7' (app)
to book
classes.

Dance Fitness
RUTH
12pm-1pm

EVENING

Class
Schedule
effective
SEPTEMBER
2023

HOLIDAYS
NO
CLASSES.

Cardio
Kickboxing
RUTH
6pm-7pm

Bootcamp
HIIT
JACQUELINE
6pm-7pm

Cardio
Kickboxing
RUTH
6pm-7pm

Strength
Conditioning
JACQUELINE
6pm-7pm

Gentle
Yoga
RUTH
7pm-8pm

Vinyasa Yoga
DAVID
7pm-8pm

Pilates Core
RUTH
7pm-8pm

Vinyasa Yoga
DAVID
7pm-8pm