

Compliments of Dr. Brian Heller Family Chiropractic 201-606-6006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Kids Ballet</u> 3:45 pm Registration Required</p> <p><u>Sunset Spin</u> Michele 6:30 pm</p> <p><u>Yoga</u> Linda P 6:30 pm</p> <p><u>Boot Camp</u> Linda P 7:30 pm</p> <p><u>Ab Blast</u> Linda P 8:30 pm</p> <p><u>Miletich MMA</u> 9:00 pm Registration Required</p>	<p><u>Sunrise Spin</u> Michele 6:00 am</p> <p><u>Yoga</u> Linda P 9:30 am</p> <p><u>Self Defense</u> Registration Required 5:15 pm</p> <p><u>Retro Spin</u> All Levels Teresa 6:30 pm</p> <p><u>Katana Karate</u> 6:30 pm Registration Required</p> <p><u>Baby Got Back & Abs</u> Jamie 7:30 pm</p> <p><u>Yoga</u> Jamie 8.30 pm</p>	<p><u>Cardio Sculpt</u> Jamie 6:30 pm</p> <p><u>Spin</u> Nicole 7:30 pm</p> <p><u>*Power Yoga*</u> Elle 7:30 pm</p> <p><u>Kick It</u> Victor 8:00 pm</p> <p><u>Miletich MMA</u> 9:00 pm Registration Required</p> 	<p><u>Sunrise Spin</u> Michele 6:00 am</p> <p><u>Spin + Ab Blast</u> Linda P 9:30 am</p> <p><u>Power Hour</u> Teresa 6:30 pm</p> <p><u>Yoga</u> All Levels Linda P 7:30 pm</p> <p><u>Spin</u> All Levels Nicole 7:30 pm</p> <p><u>Ab Blast</u> Linda P 8:30 pm</p>	<p><u>Katana Karate</u> 6:30 pm Registration Required</p> <p><u>Spin</u> All Levels Paola 6:45 pm</p>	<p><u>Yoga</u> Stephanie 9:00 am</p> <p><u>Spin</u> All Levels Nicole 10:00 am</p> <p><u>Pilates Mat</u> Linda A 11:00 am</p> <p><u>Jazz Funk</u> Christina 12:00 noon</p> <p><u>Kick It</u> Victor 1:00 pm</p>	<p><u>Spin</u> All Levels Teresa 9:30 am</p> <p><u>Body Sculpt</u> Teresa 10:30 am</p> <p><u>Yoga</u> All Levels Linda P 11:30 am</p> <p><u>Pilates</u> All Levels Linda P 12:30 pm</p>

Hours of Operation

Mon – Thurs. 5 am – 11 pm

Fri. 5 am – 10 pm

Sat – Sun 8 am – 6 pm

201-941-7333



Effective March 4, 2009

www.ThriveFitnessNJ.com

Day Care Hours

Mon, Tues, Thurs,

8 am – 12 noon

Mon, Tues, Thurs,

5 pm – 9 pm

Sat – Sun 9 am – 2 pm