

GROUP FITNESS SCHEDULE

Effective 1/1/19

102 Monroe Street
973.732.4343

facebook.com/evolutionfitnessnewark

Monday-Friday 5am-11pm
Saturday 6am-8pm | Sunday 7am-6pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am Spinning <i>Giovanny</i>	6:00am-6:45am Spinning <i>George</i>	6:00am-6:45am Spinning <i>Giovanny</i>	FREE SPIN 7:00am-7:45am Spinning <i>Tony</i>	6:00am-6:45am PUMP & PEDAL SPIN <i>Giovanny</i>	9:30am-10:20am Yoga <i>Paola</i>	
7:00am-7:50am Core Power Yoga <i>Eileen</i>	8:40am-9:30am Pilates Core <i>Soni</i>	6:30am-7:30am Sunrise Yoga <i>Tatti</i>	9:40am-10:30am Buns, Legs & Tummies <i>Valesca</i>	9:00am-9:50am Body Camp <i>Thiago</i>	10:00am-10:45 Spinning <i>George</i>	
9:00am-9:50am Zumba <i>Donny</i>	9:40am-10:30am Buns, Legs & Tummies <i>Valesca</i>	8:30am-9:20am Brazilian Ritmos <i>Alex Maori</i>		10:00am-10:50am Step <i>Giovanny</i>	Alternating Weeks 11:00am-11:50am Body Camp <i>Thiago</i> or G.A.P. Glutes, Abs, Legs <i>Amanda</i> or Brazilian Ritmos <i>Alex Maori</i>	
10:00am-10:50am Body Camp <i>Thiago</i>		9:40am-10:30am Step <i>Giovanny</i>		11:00am-11:50am Brazilian Ritmos <i>Alex Maori</i>		
11:00am-11:50am Brazilian Ritmos <i>Alex Maori</i>						
4:00pm-4:50pm G.A.P. Glutes, Abs, Legs <i>Amanda</i>	4:00pm-4:45pm Sipalki Kids (martial arts for kids 5+) <i>Gustavo</i>	4:00pm-4:50pm Cardio Bootcamp <i>Giovanny</i>	4:00pm-4:50pm Kids Time (for kids 5+) <i>Amanda</i>	5:00pm-5:50pm G.A.P. Glutes, Abs, Legs <i>Amanda</i>	12:00pm-12:50pm EXTREME TABATA (HIIT) BOOTCAMP <i>Gustavo</i>	
5:00pm-5:50pm Body Camp <i>Thiago</i>	5:00pm-5:50pm Step <i>Giovanny</i>	5:00pm-5:50pm Body Camp <i>Thiago</i>	5:00pm-5:50pm Brazilian Ritmos <i>Alex Maori</i>	6:00pm-6:50pm Kickboxing <i>Walter</i>		
6:00pm-6:50pm Kickboxing <i>Walter</i>	6:00pm-6:50pm Pilates Core Burn & Firm <i>Amanda</i>	6:00pm-6:50pm Kickboxing <i>Walter</i>	6:00pm-6:50pm Pilates Core Burn & Firm <i>Tatti</i>	7:00pm-7:50pm Brazilian Ritmos <i>Alex Maori</i>		
7:00pm-7:50pm Butts, Guts and More <i>Guillermo</i>	7:00pm-7:50pm Ultimate Conditioning <i>Guillermo</i>	7:00pm-7:50pm Butts, Guts and More <i>Guillermo</i>	7:00pm-7:50pm Total Body Work & Abs <i>Guillermo</i>	8:00pm-8:50pm Sipalki Self Defense <i>Gustavo</i>		
8:00pm-8:50pm Zumba Toning <i>Sofia</i>	7:15pm-8:00pm PUMP & PEDAL SPIN <i>George</i>	8:00pm-8:50pm Zumba <i>Donny</i>	FREE SPIN 7:15pm-8:00pm PUMP & PEDAL SPIN <i>George</i>			
	8:00pm-8:50pm Brazilian Ritmos <i>Alex Maori</i>	9:00pm-9:50pm Sipalki Self Defense <i>Gustavo</i>	8:00pm-8:50pm Zumba <i>Sofia</i>			
	9:00pm-9:50pm EXTREME TABATA (HIIT) BOOTCAMP <i>Gustavo</i>		9:00pm-9:50pm EXTREME TABATA (HIIT) BOOTCAMP <i>Gustavo</i>			

SPINNING PACKAGE
20 Spin Classes for \$25
Thursdays are FREE!
or
UNLIMITED SPINNING
\$35 (valid for 3 months)

- Free Class
- Premium Class
- FREE Kids Class (ages 5+)