



Group Fit June 8 - June 21*

	Essex Gym	Essex Group Fit Studio	Essex Cycle Studio
M	9:00am BODYCOMBAT kim 12:00pm BODYFLOW michelle 5:30pm BODYPUMP kim		10:30am Virtual RPM 11:30am Virtual RPM 4:00pm Virtual RPM
Tu	8:00am Les Mills TONE michelle 4:30pm Mobility & Core caitlin	11:00am Virtual BODYPUMP 2:00pm Virtual BODYFLOW	6:00am Virtual RPM 9:30am Virtual RPM 5:30pm Virtual RPM
W	12:00pm BODYPUMP kim 5:30pm ZUMBA ciara	7:30am Virtual BODYPUMP 4:00pm Virtual BODYFLOW	9:00am Virtual RPM 10:30am Virtual RPM
Th	8:00am BODYATTACK caitlin 4:30pm Les Mills TONE michelle	11:00am Virtual BODYFLOW 2:00pm Virtual BODYPUMP	6:00am Virtual RPM 9:30am Virtual RPM 5:30pm Virtual RPM
F	9:00am BODYPUMP kim	7:30am Virtual BODYFLOW 12:00pm Virtual BODYPUMP	10:30am Virtual RPM 11:30am Virtual RPM 4:00pm Virtual RPM
Sa	8:00am BODYPUMP caitlin 9:30am BODYCOMBAT kim		11:00am Virtual RPM
Su	10:00am BODYFLOW michelle	8:30am Virtual BODYPUMP	8:00am Virtual RPM

***Schedule subject to change. For the most up-to-date information visit our scrolling calendar at www.edgevt.com or check out our EDGE Group Fitness Facebook page.**

Sign-ups are required for all classes. Sign-ups start 4 days in advance beginning at 11:00 am online at www.edgevt.com or by phone.