



Virtual Classes June 2023

	Essex Gauthier Drive Group Fitness Studio	Essex Gauthier Drive Indoor Cycle Studio	S.Burlington WTOT Studio 1	S.Burlington WTOT Cycle Studio
M	5:30am BODYPUMP 6:45am BODYPUMP 10:15am BODYBALANCE 12:00pm BODYPUMP 5:15pm BODYATTACK 6:45 pm BODYPUMP	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	6:45am BODYCOMBAT 12:00pm BODYPUMP 2:30pm BODYATTACK (30min) 3:00pm Les Mills CORE 4:15 pm BODYCOMBAT	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
T	6:00am BODYBALANCE 8:00am BODYBALANCE Flexibility (30min) 12:00pm GRIT Cardio (30 min) 3:30pm BODYPUMP 5:00pm Les Mills CORE	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	6:00am BODYPUMP 7:15am BODYPUMP (45min) 9:45am BODYATTACK 11:00am BODYBALANCE Flexibility (30 min) 12:00pm BODYPUMP 2:45pm BODYPUMP	RPM classes every hour on the hour 6:00am - 11:00am and 2:00pm-4:00pm.
W	6:00am BODYPUMP 8:00am BODYATTACK(45 min) 10:45am BODYBALANCE 12:00pm BODYPUMP 4:00pm BODYPUMP 5:30pm BODYBALANCE	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	7:30am Les Mills CORE AB Blast (15 min) 12:00pm GRIT Cardio (30 min) 3:00pm BODYPUMP	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
Th	5:30am BODYCOMBAT 11:30am BODYPUMP 12:45pm Les Mills The TRIP (45min) (cycle-held in GF Studio) 2:00pm BODYPUMP 4:00pm Les Mills The TRIP (45min) (cycle-held in GF Studio) 5:15pm Les Mills CORE	5:30am RPM 6:30am RPM 7:30am RPM 8:30am SPRINT RPM classes every hour on the ½ hour starting at 10:30am; last class starts at 7:30pm	9:45am BODYATTACK 11:00am BODYPUMP 12:15pm BODYBALANCE (no class 6/8) 3:00pm BODYPUMP	RPM classes every hour on the hour 6:00am-11:00am and 1:00pm-6:00pm.
F	5:30am BODYPUMP 8:00am BODYBALANCE Flexibility (30min) 9:15am Les Mills The TRIP (45min) (cycle-held in GF Studio) 10:30am BODYCOMBAT 12:00pm BODYPUMP 1:15pm Les Mills CORE 3:00pm BODYBALANCE 4:15pm BODYPUMP 5:30pm BODYPUMP	RPM classes every hour on the ½ hour starting at 7:30am; last class starts at 6:30pm.	6:00am BODYPUMP 11:45am BODYATTACK 1:00pm BODYBALANCE 2:15pm BODYPUMP 3:30pm Les Mills CORE (30 min) 4:15pm BODYCOMBAT	RPM classes every hour on the hour 6:00am-11:00am and 2:00pm-6:00pm.
S	7:45am BODYPUMP 10:30am BODYBALANCE 12:30pm BODYPUMP 2:00pm BODYCOMBAT 4:30pm BODYBALANCE	7:15am RPM RPM classes every hour on the hour starting at 10:00am; last class starts at 4:00pm 5:00 pm Beginner RPM (30 min)	7:15am Les Mills CORE 11:45am BODYBALANCE 1:15pm BODYPUMP 3:45pmBODYATTACK	7:30 am RPM RPM classes every hour on the hour starting at 11:00am. Last class starts at 4:00pm.
S	7:30 am Les Mills The TRIP (45min) (cycle-held in GF Studio) 9:00am BODYCOMBAT 12:15pm BODYPUMP 1:30pm Les Mills CORE 3:00 pm BODYCOMBAT	7:15am SPRINT RPM classes every hour on the hour 8:00 am -10:00 am and noon – 3:00 pm 11:00 am Beginner RPM (30 min)	11:00am BODYCOMBAT 1:00pm BODYPUMP 2:00pm BODYBALANCE Flexibility (30 min) 3:00pm BODYPUMP (no class 6/25)	RPM classes every hour on the hour 8:00 am – 4:00 pm

*Schedule subject to change. Virtual classes are prerecorded and start on time. Please be set up and ready to go.

Class size is limited. Signups are required for all classes and start 72 hours in advance online, on the app or by calling 802-879-7734 x2 or 802-658-0001.
In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your spot will be given to a waiting member.