



Group Fitness Classes

Christmas Eve 12/24/2024

Essex

Cycle Studio

5:30 am Virtual RPM
6:30 am Virtual RPM
7:30 am Virtual RPM
8:30 am Virtual RPM
9:45 am Cycle w/Sean

Group Fitness Studio

5:30 am Virtual Bodypump
7:45 am Virtual Bodybalance (30 min)
9:45 am Gentle Yoga w/Jae
GYM
8:30 am BODYPUMP w/Aimee

South Burlington West Twin Oaks Terrace

Cycle Studio

7:30 am Virtual RPM
8:30 am Virtual RPM
9:30 am Virtual RPM
10:30 am Virtual RPM

K1 Studio

7:15 am SHAPES w/Jen
8:30 am Functional Fitness w/Brian

K2 Studio

8:15 am BODYATTACK (30 min)w/Jen
8:45 am Les Mills CORE (30 min) w/Jen
10:00 am Gentle Yoga w/Nicole

