



## Indoor Cycle Sept 21 - Oct 4

	Essex Cycle Studio
M	5:45am Virtual RPM 8:00am Virtual RPM 10:30am Virtual RPM 11:30am Virtual RPM 4:00pm Virtual RPM 6:00pm Virtual RPM
Tu	5:45am Virtual RPM 9:30am Virtual RPM 12:00pm Virtual RPM 5:30pm Virtual RPM
W	5:45am Virtual RPM 9:00am Virtual RPM 10:30am Virtual RPM  12:15pm Virtual SPRINT 1:30pm Virtual RPM 5:00pm Virtual RPM
Th	5:45am Virtual RPM 9:30am Virtual RPM  12:00pm Virtual RPM 5:30pm Virtual RPM
F	5:45am Virtual RPM 8:00am Virtual RPM 9:15am Virtual SPRINT 10:30am Virtual RPM 11:30am Virtual RPM  4:00pm Virtual RPM
Sa	8:15am Virtual SPRINT 11:00am Virtual RPM 2:00pm Virtual RPM
Su	8:00am Virtual RPM 11:30am Virtual RPM

**\*Schedule subject to change. For the most up-to-date information visit our scrolling calendar at [www.edgevt.com](http://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](http://www.edgevt.com) or by phone.**  
**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.**