



Virtual schedule Nov 2020

	Essex-Group Fit Studio	Essex - Cycle Studio
M	5:30am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 2:30pm CXWORX 4:30pm CXWORX 6:00pm BODYFLOW	5:45am RPM 8:00am RPM 10:30am RPM 11:45am RPM 4:00pm RPM 5:15pm RPM 6:30pm RPM
Tu	5:45am BODYFLOW 8:15am BODYCOMBAT 11:00am BODYPUMP 12:30pm CXWORX 2:00pm BODYPUMP 5:30pm BODYPUMP	5:30am RPM 7:00am RPM 9:30am RPM 12:00pm RPM 3:00pm RPM 5:30pm RPM 7:00pm RPM
W	5:30am BODYPUMP 7:30am BODYPUMP 10:15am BODYFLOW 3:30pm CXWORX 4:30pm GRIT Cardio 6:00pm BODYCOMBAT	5:45am RPM 9:00am RPM 10:30am RPM 12:15pm SPRINT 1:30pm RPM 5:00pm RPM 6:30pm RPM
Th	5:45am GRIT Cardio 7:30am CXWORX 8:15am BODYPUMP 11:00am BODYPUMP 12:30pm CXWORX 2:00pm BODYPUMP 5:30 pm GRIT Athletic	5:30am RPM 7:00am RPM 9:30am RPM 12:00pm RPM 4:00pm RPM 5:30pm RPM 7:00pm RPM
F	5:30am BODYPUMP 7:30am GRIT Athletic 10:30am BODYCOMBAT 12:00pm BODYPUMP 1:30pm CXWORX 3:00pm BODYFLOW 5:00pm BODYPUMP	5:45am RPM 8:00am RPM 9:15am SPRINT 10:30am RPM 11:45am RPM 4:00pm RPM 5:30pm RPM
Sa	9:30am BODYPUMP 11:30am CXWORX 2:00pm BODYPUMP 4:30pm BODYFLOW	8:15am SPRINT 9:30am RPM 11:00am RPM 2:00pm RPM
Su	8:00am BODYPUMP 12:00pm CXWORX 1:00pm BODYPUMP	8:00am RPM 11:30am RPM 1:30pm 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.

Classes start on time – you need to be set up and ready to go.

Sign-ups are required for all classes. Sign-ups start 3 days in advance beginning at 11:00 am online at 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.