



Virtual schedule Oct 5-31

	Essex-Group Fit Studio	Essex - Cycle Studio
M	5:45am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 2:30pm CXWORX 4:00pm BODYCOMBAT 5:30pm BODYFLOW	5:45am RPM 8:00am RPM 10:30am RPM 11:30am RPM 4:00pm RPM 6:00pm RPM
Tu	5:45am BODYFLOW 8:15am BODYPUMP 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
W	5:45am 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
Th	5:45am GRIT Strength 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
F	5:45am 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 11:30am RPM 4:00pm RPM
Sa	10:00am 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 4 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.