



Virtual schedule Jan 2021

	Essex-Group Fit Studio	Essex - Cycle Studio
M	5:30am BODYPUMP 8:25am CXWORX 10:15am BODYFLOW 12:00pm BODYPUMP 2:30pm CXWORX 3:15pm BODYPUMP 4:30pm CXWORX 6:00pm BODYFLOW	We now offer RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.
Tu	5:45am BODYFLOW 8:15am BODYCOMBAT 11:00am BODYPUMP 12:30pm CXWORX 2:00pm BODYPUMP 5:30pm BODYPUMP 7:00pm BODYFLOW	We now offer RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.
W	5:30am BODYPUMP 7:30am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 4:00pm BODYPUMP 5:30pm BODYCOMBAT 6:45pm BODYPUMP	We now offer RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.
Th	5:45am GRIT Cardio 7:30am CXWORX 8:15am BODYPUMP 11:00am BODYPUMP 12:30pm CXWORX 2:00pm BODYPUMP 5:00 pm BODYPUMP 6:30pm BODYFLOW	We now offer RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.
F	5:30am BODYPUMP 7:30am GRIT Athletic 10:30am BODYCOMBAT 12:00pm BODYPUMP 1:30pm CXWORX 2:30pm BODYFLOW 4:00pm BODYPUMP 5:30pm BODYPUMP	We now offer RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.
Sa	8:15am GRIT Cardio 9:30am BODYPUMP 11:30am BODYPUMP 1:00pm CXWORX 2:00pm BODYPUMP 4:30pm BODYFLOW	7:15am RPM 8:15am SPRINT RPM classes every hour on the hour starting at 9:00am; last class starts at 5:00pm
Su	8:00am BODYPUMP 10:00am BODYCOMBAT 11:30pm CXWORX 12:15am BODYPUMP 1:30pm BODYPUMP	7:15am SPRINT RPM classes every hour on the hour starting at 8:00am; last class starts at 2:00 pm.

***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.