



Virtual schedule May 17-30, 2021

	Essex-Group Fit Studio	Essex - Cycle Studio
M	5:30am BODYPUMP 8:25am Les Mills CORE 12:00pm BODYPUMP 3:15pm BODYPUMP 4:30pm Les Mills CORE 5:15pm BODYATTACK	We now offer RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.
Tu	6:00am Les Mills The TRIP (cycle) 11:00am BODYPUMP 12:30pm Les Mills The TRIP(cycle) 2:00pm BODYPUMP 4:00pm BODYATTACK 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.
W	5:30am BODYPUMP 7:30am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 2:00pm BODYATTACK 4:00pm BODYPUMP 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	6:00am Les Mills The TRIP (cycle) 7:00am Les Mills CORE (45 min) 9:00am BODYFLOW Flexibility (30 min) 11:00am BODYPUMP 12:30pm Les Mills The TRIP(cycle) 2:00pm BODYPUMP 5:00 pm BODYPUMP 6:15pm Les Mills Core	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 8:00am Les Mills The TRIP (cycle) 10:30am BODYCOMBAT 12:00pm BODYPUMP 1:30pm Les Mills CORE 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	7:30am Les Mills The TRIP (cycle) 8:30am BODYATTACK 9:45am BODYPUMP 11:00am BODYPUMP 1:15pm Les Mills CORE 2:00pm BODYPUMP 3:15pm Les Mills Core 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 9:30am Les Mills The TRIP (cycle) 11:00am BODYATTACK 12:30pm BODYPUMP 1:45pm Les Mills CORE	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.**

Virtual classes are prerecorded and start on time – you need to be set up and ready to go.

Class size is limited. Sign-ups are required for all classes and 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.