

# VIRTUAL Classes



July 15-18, 2021

	Essex Gauthier Drive Group Fitness Studio	Essex Gauthier Drive Indoor Cycle Studio	S. Burlington W. Twin Oaks Studio 1
<b>M</b>	5:30am BODYPUMP 8:25am Les Mills CORE <b>10:15am BODYFLOW</b> 12:00pm BODYPUMP 3:15pm BODYPUMP 4:30pm Les Mills CORE 5:15pm BODYATTACK 6:45 pm Les Mills CORE	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 6:30 pm.	12:00pm BODYCOMBAT 2:00pm BODYATTACK 3:15pm BODYPUMP
<b>T</b>	6:00am Les Mills The TRIP (cycle) <b>9:30am BODYFLOW</b> 11:00am BODYPUMP 12:30pm Les Mills The TRIP(cycle) 2:00pm BODYPUMP 4:00pm BODYATTACK 5:30pm BODYPUMP	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 6:30 pm.	6:00am BODYCOMBAT 9:45am BODYATTACK 2:00pm BODYPUMP 4:00pm BODYFLOW 6:45pm Les Mills CORE
<b>W</b>	5:30am BODYPUMP 7:30am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 2:00pm BODYATTACK 4:00pm BODYPUMP <b>5:30pm BODYFLOW</b> 6:45pm BODYPUMP	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 6:30 pm.	8:15am BODYCOMBAT 3:00pm BODYATTACK
<b>Th</b>	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	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 6:30 pm.	6:00am GRIT 9:45am Les Mills CORE 12:00pm BODYFLOW 4:15pm BODYATTACK
<b>F</b>	5:30am BODYPUMP 8:00am Les Mills The TRIP (cycle) <b>9:15am BODYFLOW</b> 10:30am BODYCOMBAT 12:00pm BODYPUMP 1:30pm Les Mills CORE 2:30pm BODYFLOW 4:00pm BODYPUMP 5:30pm BODYPUMP	RPM classes every hour on the 1/2 hour starting at 5:30 am; last class starts at 6:30 pm.	2:00pm BODYPUMP 3:30pm BODYCOMBAT
<b>S</b>	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	11:00am BODYFLOW 1:00pm BODYPUMP 3:00pm BODYATTACK
<b>S</b>	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.	11:00am BODYCOMBAT 1:00pm BODYPUMP

\*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. 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](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.