



## VIRTUAL Classes November 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 10:15am BODYFLOW 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 ½ hour starting at 5:30 am; last class starts at 7:30 pm.	6:45am BODYCOMBAT  12:00pm BODYPUMP  2:30pm BODYATTACK  4:00pm BODYCOMBAT
<b>T</b>	6:00am Les Mills The TRIP (cycle) 9:30am BODYFLOW 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 ½ hour starting at 5:30 am; last class starts at 7:30 pm.	6:00am BODYCOMBAT 9:45am BODYATTACK  11:00am BODYPUMP  2:00pm BODYPUMP 4:00pm BODYCOMBAT
<b>W</b>	5:30am BODYPUMP 7:30am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 2:00pm BODYCOMBAT 4:00pm BODYPUMP <b>5:30pm BODYPUMP</b> <b>6:45pm BODYCOMBAT</b>	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	7:00am BODYCOMBAT 8:15am BODYATTACK  12:00pm GRIT  3:00pm BODYPUMP
<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	5:30am RPM 6:30am RPM 7:30am RPM 8:30am SPRINT RPM classes every hour on the ½ hour starting at 10:30am; last class starts at 7:30pm	6:00am GRIT 7:00am BODYPUMP 9:45am BODYCOMBAT  11:00am BODYPUMP 12:15pm BODYFLOW  3:00pm BODYPUMP 4:15pm BODYATTACK
<b>F</b>	5:30am BODYPUMP 8:00am BODYFLOW 9:15am 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	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 6:30 pm.	1:00pm BODYFLOW  2:15pm BODYPUMP  4:00pm 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  RPM classes every hour on the hour starting at 10:00am; last class starts at 5:00pm	<b>9:15am BODYPUMP</b>  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 72 hours in advance by calling 802-879-7734 x2 or 802-658-0001.

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.