



## VIRTUAL Classes October 2021

	Essex Gauthier Drive Group Fitness Studio	S. Burlington W. Twin Oaks Studio 1
<b>M</b>	5:30am BODYPUMP 8:25am Les Mills CORE <b>9:15am RPM</b> 10:15am BODYFLOW 12:00pm BODYPUMP <b>1:30pm RPM</b> 3:15pm BODYPUMP 4:30pm Les Mills CORE <b>5:30pm RPM</b> <b>6:45 pm BODYATTACK</b>	<b>6:45am BODYCOMBAT</b>  12:00pm BODYPUMP  2:30pm BODYATTACK  4:00pm BODYCOMBAT
<b>T</b>	<b>5:30 am RPM</b> <b>6:45am RPM</b> <b>8:00am RPM</b> 9:30am BODYFLOW 11:00am BODYPUMP 12:30pm Les Mills The TRIP(cycle) 2:00pm BODYPUMP 4:00pm BODYATTACK 5:30pm BODYPUMP <b>6:45pm RPM</b>	6:00am BODYCOMBAT 9:45am BODYATTACK  11:00am BODYPUMP  2:00pm BODYPUMP 4:00pm BODYCOMBAT
<b>W</b>	5:30am BODYPUMP 7:30am BODYPUMP <b>9:00am RPM</b> 10:15am BODYFLOW 12:00pm BODYPUMP <b>2:00pm BODYCOMBAT</b> 4:00pm BODYPUMP <b>5:30pm RPM</b> 6:45pm BODYPUMP	<b>7:00am BODYCOMBAT</b>  8:15am BODYATTACK  12:00pm GRIT  3:00pm BODYPUMP
<b>Th</b>	<b>5:30 am RPM</b> 7:00am Les Mills CORE (45 min) <b>8:00am RPM</b> 9:00am BODYFLOW Flexibility (30 min) <b>9:45am RPM</b> 11:00am BODYPUMP 12:30pm Les Mills The TRIP(cycle) 2:00pm BODYPUMP <b>3:30pm RPM</b> 5:00 pm BODYPUMP 6:15pm Les Mills Core	6:00am GRIT <b>7:00am BODYPUMP</b> 9:45am BODYCOMBAT  11:00am BODYPUMP 12:15pm BODYFLOW  3:00pm BODYPUMP 4:15pm BODYATTACK
<b>F</b>	8:00am BODYFLOW <b>9:15am RPM</b> 10:15am BODYCOMBAT 12:00pm BODYPUMP 1:30pm Les Mills CORE 2:30pm BODYFLOW <b>4:00pm RPM</b> 5:30pm BODYPUMP	1:00pm BODYFLOW  2:15pm BODYPUMP  4:00pm BODYCOMBAT
<b>S</b>	<b>10:00am BODYPUMP</b> <b>11:15am BODYPUMP</b> <b>12:30pm RPM</b> <b>1:30pm Les Mills CORE</b> <b>2:15pm BODYPUMP</b> <b>3:30pm RPM</b> 4:30pm BODYFLOW	11:00am BODYFLOW  1:00pm BODYPUMP  3:00pm BODYATTACK
<b>S</b>	<b>7:30am RPM</b> <b>8:30am BODYPUMP</b> <b>9:45am BODYCOMBAT</b> <b>11:00am Les Mills The TRIP</b> 12:30pm BODYPUMP 1:45pm Les Mills CORE	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.