



VIRTUAL Classes January 2022

Updated 1/17

	Essex Gauthier Drive Group Fitness Studio	Essex Gauthier Drive Indoor Cycle Studio	S. Burlington W. Twin Oaks Studio 1	S. Burlington W. Twin Oaks Cycle Studio
M	5:30am BODYPUMP 7:30am BODYPUMP 10:15am BODYFLOW 12:00pm BODYPUMP 2:00 pm BODYCOMBAT 3:15pm BODYPUMP 4:30pm Les Mills CORE 5:15pm BODYATTACK 6:45 pm BODYPUMP	5:30am RPM 6:30am RPM 7:30am RPM RPM classes every hour on the ½ hour starting at 10:30 am; last class starts at 7:30 pm.	6:45am BODYCOMBAT 12:00pm BODYPUMP 1:15pm BODYFLOW Flexibility (30 min) 2:30pm BODYATTACK 4:00pm BODYCOMBAT	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
T	6:00am BODYFLOW 7:55am BODYATTACK (30 min) 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 7:15am BODYPUMP (45min) 9:45am BODYATTACK 11:00am BODYPUMP 2:00pm BODYPUMP 4:00pm BODYCOMBAT	RPM classes every hour on the hour starting at 6:00am-10:00am and 2:00pm-4:00pm.
W	5:30am BODYPUMP 7:30am BODYPUMP 8:40am Les Mills CORE AB Blast (15 min) 10:15am BODYFLOW 12:00pm BODYPUMP 2:00pm BODYATTACK 4:00pm BODYPUMP 5:30pm BODYCOMBAT 6:45pm BODYPUMP	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	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
Th	6:00am BODYPUMP 7:15am 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	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
F	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 7:30am; last class starts at 6:30pm.	1:00pm BODYFLOW 2:15pm BODYPUMP 4:00pm BODYCOMBAT	RPM classes every hour on the hour starting at 6:00am-10:00am and 2:00pm-6:00pm.
S	8:00am BODYPUMP 9:30am BODYATTACK 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 4:00pm	11:45am BODYFLOW 1:00pm BODYPUMP 3:00pm BODYATTACK	RPM classes every hour on the hour starting at 11:00am. Last class starts at 4:00pm.
S	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 3:00 pm.	11:00am BODYCOMBAT 1:00pm BODYPUMP	RPM classes every hour on the hour starting at 8:00 am; last class starts at 3:00 pm.

*Schedule subject to change. For the most up-to-date information visit our scrolling calendar at 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 online, on the app or 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.