



## Virtual Classes November 2022

|           | Essex Gauthier Drive<br>Group Fitness Studio  | Essex Gauthier Drive<br>Indoor Cycle Studio  | S. Burlington WTOT<br>Studio 1  | S. Burlington WTOT<br>Cycle Studio   |
|-----------|---|--|---|--|
| <b>M</b>  | 5:30am BODYPUMP<br>6:45am BODYPUMP<br>10:15am BODYBALANCE<br><br>12:00pm BODYPUMP<br>4:15pm BODYATTACK<br>6:45 pm BODYPUMP  | RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.  | 6:45am BODYCOMBAT<br><br>12:00pm BODYPUMP<br>2:30pm BODYATTACK (30min)<br>3:00pm Les Mills CORE   | RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.                                    |
| <b>T</b>  | 6:00am BODYBALANCE<br>8:00 BODYBALANCE<br>Flexibility (30min)<br>9:30am BODYBALANCE<br>11:00am BODYPUMP<br><br>3:30pm BODYPUMP<br>5:00pm Les Mills CORE   | RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.  | 6:00am BODYPUMP<br>7:15am BODYPUMP (45min)<br>9:45am BODYATTACK<br>11:00am BODYBALANCE<br>Flexibility (30 min)<br>12:00pm BODYPUMP<br>2:45pm BODYPUMP | RPM classes every hour on the hour<br>6:00am-11:00am and<br>2:00pm-4:00pm.   |
| <b>W</b>  | 6:00am BODYPUMP<br>8:45am Les Mills CORE AB Blast (15min)<br><br>12:00pm BODYPUMP<br>4:00pm BODYPUMP<br>5:30pm BODYBALANCE  | RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.  | 7:30am Les Mills CORE AB Blast (15 min)<br><br>12:00pm GRIT<br>3:00pm BODYPUMP  | RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.                                    |
| <b>Th</b> | <b>5:30am BODYCOMBAT</b><br>9:30am BODYBALANCE<br>Flexibility (30 min)<br>11:00am BODYPUMP<br><br>12:30pm Les Mills The TRIP (45min) (cycle)<br>2:00pm BODYPUMP<br>4:00pm Les Mills The TRIP (45min) (cycle) GF Studio<br>5:15pm Les Mills CORE | 5:30am RPM<br>6:30am RPM<br>7:30am RPM<br>8:30am SPRINT<br>RPM classes every hour on the ½ hour starting at 10:30am; last class starts at 7:30pm | 9:45am BODYATTACK<br><br>11:00am BODYPUMP<br>12:15pm BODYBALANCE<br><br>3:00pm BODYPUMP<br>4:15pm BODYATTACK  | RPM classes every hour on the hour<br>6:00am-11:00am and<br>1:00pm-6:00pm.   |
| <b>F</b>  | 5:30am BODYPUMP<br>8:00am BODYBALANCE<br>Flexibility (30min)<br>9:15am Les Mills The TRIP (45min) (cycle)<br><br>12:00pm BODYPUMP<br>1:15pm Les Mills CORE<br>3:00pm BODYBALANCE<br>4:15pm BODYPUMP<br>5:30pm BODYPUMP                          | RPM classes every hour on the ½ hour starting at 7:30am; last class starts at 6:30pm.  | 6:00am BODYPUMP<br>11:45am BODYATTACK<br><br>1:00pm BODYBALANCE<br><br>2:15pm BODYPUMP<br>3:30pm Les Mills CORE (30 min)<br>4:15pm BODYCOMBAT         | RPM classes every hour on the hour<br>6:00am-11:00am and<br>2:00pm-6:00pm.   |
| <b>S</b>  | <b>7:45am BODYPUMP</b><br><br><b>12:30pm BODYPUMP</b><br><br><b>2:00pm BODYCOMBAT</b><br>4:30pm BODYBALANCE   | 7:15am RPM<br><br>RPM classes every hour on the hour starting at 10:00am; last class starts at 4:00pm<br>5:00 pm Beginner RPM (30 min)           | 12:00pm BODYATTACK<br><br>1:15pm BODYPUMP<br><br>3:00pm <i>Beginner BODYATTACK</i> (30 min)<br>3:45pm BODYATTACK                                      | 8:00 am Beginner RPM (30 min)<br>RPM classes every hour on the hour starting at 11:00am.<br>Last class starts at 4:00pm. |
| <b>S</b>  | 7:30 am Les Mills The TRIP (45min) (cycle)<br>8:45am BODYCOMBAT<br><br>11:45am <i>Beginner BODYPUMP</i> (30 min)<br><br>12:30pm BODYPUMP<br>1:30pm Les Mills CORE<br><b>2:15pm Beginner BODYCOMBAT (30 min)</b><br>3:00 pm BODYCOMBAT           | 7:15am SPRINT<br>RPM classes every hour on the hour 8:00 am -10:00 am and noon – 3:00 pm<br>11:00 am Beginner RPM (30 min)                       | 11:00am BODYCOMBAT<br><br>1:00pm BODYPUMP<br>2:00pm BODYBALANCE<br>Flexibility (30 min)<br><br>3:00pm BODYPUMP (no class on 11/13)                    | RPM classes every hour on the hour 8:00 am – 3:00 pm<br>4:00 pm Beginner RPM (30 min)                                    |

\*Schedule subject to change. Virtual classes are prerecorded and start on time. Please 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.