Virtual Classes Nov 2026

	Essex Gauthier Drive Group Fitness Studio	Essex Gauthier Drive Cycle Studio	S.Burlington WTOT PULSE Studio	S.Burlington WTOT CRANK Studio
M	6:45am BODYPUMP 1:00pm BODYBALANCE 2:15pm BODYATTACK 4:30pm Les Mills SHAPES (45 min) 7:00pm BODYPUMP	RPM every hour 5:30am- 7:30pm	6:00am GRIT Cardio (30 min) *6:30am Les Mills CORE (30 min) 12:00pm BODYBALANCE *1:00pm BODYPUMP 3:00pm Les Mills CORE (30 minutes) 6:30pm Les Mills CORE	
T	6:00am BODYBALANCE 12:00pm Les Mills Yoga Yin (45 min) 3:30pm BODYPUMP 5:00pm Les Mills CORE (30 min)	RPM every hour 5:30 am-8:30 am, 11:30 am – 7:30 pm.	6:00am BODYPUMP 9:45am BODYBALANCE 1:15pm BODYBALANCE 2:45pm BODYPUMP 7:00pm BODYPUMP	RPM every hour 6:00am - 11:00am & 1:00pm-7:00pm
W	6:00am BODYPUMP 11:45am BODYPUMP 1:00pm BODYBALANCE 2:15pm BODYCOMBAT 4:00pm BODYPUMP	RPM every hour 5:30am-7:30pm	7:30am Les Mills CORE AB Blast (15 min) 12:00pm BODYCOMBAT 1:30pm BODYBALANCE 3:00pm BODYPUMP 7:00pm BODYBALANCE	RPM every hour 6:00am -7:00pm
Th	9:15am BODYATTACK 11:45am BODYPUMP 3:45pm Les Mills Yoga Vinyasa (45min) 4:45pm Les Mills CORE (30 min)	RPM every hour 5:30am -7:30am & 10:30am – 7:30pm	9:45 am Les Mils Dance (45 min) 1:15pm BODYBALANCE 3:00pm BODYCOMBAT 7:00pm BODYATTACK	RPM every hour 6:00am - 11:00am & 1:00pm-7:00 pm 12:00pm LM SPRINT (30 min)
F	5:30am BODYPUMP 6:45am BODYPUMP 12:15pm BODYPUMP 1:30pm Les Mills PILATES (45 min) 2:30pm BODYBALANCE 4:00pm BODYPUMP 6:45pm BODYPUMP	RPM every hour 7:00am – 6:00pm	6:00am Les Mills CORE (30 min) *9:45am BODYBALANCE (45 min) 12:45pm BODYATTACK 2:00pm BODYPUMP 3:30pm Les Mills CORE (30 min) 4:15pm BODYCOMBAT	RPM every hour 6:00am-11:00am & 1:00pm-6:00pm.
Sa	7:15am BODYPUMP (45 min) 12:30pm BODYPUMP 2:00pm BODYCOMBAT 4:30pm BODYBALANCE	7:15am RPM RPM every hour 10:00am-5:00pm	7:15am Les Mills CORE (30 min) 11:45am BODYBALANCE 1:15pm BODYPUMP 2:30pm Les Mills Yoga Hatha (45 min) 3:45pm BODYATTACK	RPM every hour 9:15am – 4:15pm
Su	7:30am Strength Development (45 min) 12:15pm BODYPUMP *1:15pm Les Mills CORE 3:00pm BODYPUMP	RPM every hour 7:15 am-3:15 pm; 4:15 pm SPRINT (30 min)	11:45am BODYATTACK 1:00pm BODYPUMP 2:00pm Les Mills Yoga Yin (45min) 3:00pm BODYPUMP	7:15am SPRINT; RPM every hour from 8:00am -4:00pm

Schedule subject to change. Virtual classes are prerecorded and start on time. Please be set up and ready to go.

Signups are required for all virtual classes and start 72 hours in advance online, on the app or by calling 802-879-7734 x2 or 802-658-0001.

Please note that classes with * before them have an actual start time 5 minutes later than the posted time.

Questions, comments, concerns? Email kimg@edgevt.com

Please note that the Essex group fitness studio is closed and all virtual classes are cancelled on Friday 10/02 from noon – 4pm.

Virtual classes will be cancelled to accommodate live classes.
Refer to live class schedule or the app: signups are up to date.

Kim Graham GFM kimg@edgevt.com

Virtual Class Descriptions:

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!
BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.
Les Mills CORE Revolutionary Core Training! This 30-minute class is a challenging core workout that features a mix of isolation exercises and integrated moves.
BODYBALANCE™ (formerly known as BODYFLOW) is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
LES MILLS GRIT ™ is 30-minutes of high intensity interval training (HIIT), developed by experts to deliver transformative results. GRIT Strength blends HIIT and strength training to build lean muscle mass and improve cardiovascular endurance. This workout uses barbell, weight plates and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.
RPM ™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding.
LES MILLS SPRINT ™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
LES MILLS DANCE ™ This 45 minute-class has easy to follow moves which are driven by the music! Each workout has three cardio peaks, a warm-up,and a cool-down. There are 10 stand-alone tracks, each providing the chance to start fresh with simple choreography.

Registering for virtual classes allows us to keep track of attendance.

Questions, comments, concerns – please email kimg@edgevt.com