



SCHEDULE

DERBY
 600 New Haven Avenue
 203.734.2582

HOURS OF OPERATION: M—Th 4am - 12am F 4am—9pm S 7am-7pm Su 7am-6pm

EDGE KIDS AM Hours : M-F 9:00am — 12:00pm S—Su 9:00am-12:00pm

EDGE KIDS PM Hours: M-Th 5:00pm-8:00pm F Closed

ADDITIONAL CLASS INFO AND PRINTABLE SCHEDULES AVAILABLE ONLINE AT www.theEDGEfitnessclubs.com

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
5:45a <u>RR</u>	Spinning® Jeni	:55 SS	5:30a	Boot Camp Kateema	:55 S1	5:45a <u>RR</u>	Spinning® Tina	:55 SS	5:30a	Boot Camp Kateema	:55 S1	5:30a	Total Body Conditioning Kateema	:55 S1	8:00a <u>RR</u>	Spinning® Angela S.	:55 SS	8:00a	Total Body Conditioning Margaret	:55 S1
9:30a <u>RR</u>	Spinning® Tanya	:55 SS	8:30a <u>RR</u>	Spinning® Samantha	:55 SS	9:30a <u>RR</u>	Spinning Angela S.	:55 SS	9:30a	Total Body Conditioning Nicole	:55 S1	5:45a <u>RR</u>	Spinning® Cara	:55 SS	8:30a	Zumba Toning Sarah	:55 S1	9:15a <u>RR</u>	Spinning® Robert	:55 SS
9:30a	Zumba Lorenzo	:55 S1	9:30a	Total Body Conditioning Linda	:55 S1	9:30a	Zumba Toning Sarah	:55 S1	10:30a	Yoga Kimmarie	:55 S1	9:30a <u>RR</u>	Spinning® Samantha	:55 SS	9:30a	Total Body Conditioning Linda	:55 S1	9:15a	Zumba Laura	:55 S1
10:45a	Yoga Kimmarie	:55 S1	10:30a	Pilates Mat Kathy	:55 S1	5:30p	Kickboxing Erika	:55 S1	5:30p	Total Body Conditioning Erika	:55 S1	9:30a	Zumba Odessa	:55 S1	10:45a	Zumba Miwana	:55 S1	10:30a	Yoga Jamie	:55 S1
5:30p	Kickboxing Germaine	:55 S1	12:15p	Zumba John	:55 S1	5:45p <u>RR</u>	Spinning® Tanya	:55 SS	6:30p <u>RR</u>	Spinning® Robert	:55 SS	5:30p	Zumba Destiny	:55 S1						
6:30p	Zumba Julie	:55 S1	5:30p	Yoga Kimmarie	:55 S1	7:00p <u>RR</u>	Zumba John	:55 S1	6:30p	Zumba Natasha	:55 S1									
6:45p <u>RR</u>	Spinning® James	:55 SS	5:45p <u>RR</u>	Spinning® Kelly	:55 SS				7:30p	Yoga Jamie	:55 S1									
7:30p	Total Body Conditioning Sarah	:55 S1	6:45p	Boot Camp Miwana	:55 S1															
			7:45p	Zumba Miwana	:55 S1															



www.facebook.com/theEDGEfitnessclubs

**We welcome your feedback-
 Please scan here for our
 online Group X survey.**



RR = CLASS REQUIRES RESERVATION

**Please refer to Group X Page of website
 for Group X Policies**

**Please send all questions & comments to
Groupxfeedback@theedgefitnessclubs.com**

Effective January 23rd