


# GROUP X STUDIO

## SCHEDULE MANCHESTER, CT

	M	T	W	TH	F	SA	SU
6am		<b>BodyPump</b> Mike 5:45am		<b>BodyPump/ CXWORX</b> Mike 5:45am		<b>Yoga</b> Lisa 7:30am	
8am							
9am	<b>Zumba</b> Maurice 8:30am		<b>Zumba</b> Maurice 8:30am		<b>EDGE Barre</b> Kim 8:30am	<b>BodyPump</b> Lisa 8:30am	<b>BodyPump/ CXWORX</b> Lisa 8:30am
10am	<b>BodyPump/ CXWORX</b> Christine 9:30am	<b>BodyCombat</b> Christine 9:30am	<b>BodyPump</b> Christine 9:30am	<b>BodyCombat/ CXWORX</b> Christine 9:30am	<b>BodyPump</b> Christine 9:30am	<b>Zumba</b> Maurice 9:45am	<b>BodyCombat</b> Christine 9:30am
11am		<b>Yoga</b> Alison 10:45am		<b>Yoga</b> Alison 10:45am		<b>BodyCombat</b> Lorraine 10:45am	<b>Zumba</b> Giovanna 10:45am
12pm							

4pm							
5pm	<b>EDGE Barre</b> Kim 4:30pm	<b>BodyPump</b> Lorraine 4:30pm	<b>BodyCombat</b> Mike 4:30pm	<b>EDGE Barre</b> Kim 4:30pm			
6pm	<b>BodyPump</b> Lisa 5:30pm	<b>Zumba</b> Maurice 5:30pm	<b>BodyPump/ CXWORX</b> Lisa 5:30pm	<b>BodyCombat</b> Lorraine 5:30pm			
7pm	<b>Yoga</b> Lisa 6:45pm	<b>BodyCombat</b> Lisa 6:30pm	<b>Zumba</b> Giovanna 6:45pm	<b>BodyPump</b> Mike 6:30pm	<b>BodyPump/ CXWORX</b> Karen 6:30pm		
8pm	<b>Zumba</b> Karen 7:45pm	<b>Yoga</b> Lisa 7:30pm					



**MANCHESTER**  
49 Pavillions Road  
(860) 432-4760  
TheEdgeFitnessClubs.com

**Effective October 1st**  
(Schedule Subject to Change)

All classes are 50 minutes and require registration. LesMills classes may vary.

Please refer to the Group X page of our website for class policies.

**Club Hours:**  
M 5a-F 9p  
SA 7a-7P SU 7a-6p

CLASS BY TYPE:

- STRENGTH
- CARDIO
- MIND BODY
- SPECIAL



# SCHEDULE

## MANCHESTER, CT

M T W TH F SA SU

6am

**SPINPower**  
Mike  
5:30am

**Spinning**  
Leonard  
5:30am

7am

8am

**Spinning**  
Karen  
8:00am

9am

**Spinning**  
Mike  
8:30am

**Spinning**  
Mike  
8:30am

**Spinning**  
Mike  
8:30am

**Spinning**  
Richard  
9:00am

10am

**Spinning**  
TBA  
9:30am

**Spinning**  
Mike  
9:30am

**SPINPower**  
Lorraine  
9:30am

11am

4pm

5pm



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**Club Hours:**

M 5a-F 9p

SA 7a-7P SU 7a-6p

6pm

**Spinning**  
Richard  
5:30pm

**Spinning**  
Lorraine  
5:30pm

**Spinning**  
Lisa  
5:30pm

**Spinning**  
Karen  
5:30pm

7pm

**SPINPower**  
Mike  
6:30pm

8pm

9pm