

GROUP X STUDIO

SCHEDULE TRUMBULL, CT

	M	T	W	TH	F	SA	SU
6am			Total Body Cond. Audrey 5:30am				
7am							
8am						EDGE Barre Kristen 7:30am	
9am	Zumba Cindy 8:30am	BodyPump Sharon 8:30am	Zumba John 8:30am	Boot Camp Aida 8:30am	Zumba Toning Cindy 8:30am	BodyPump Sharon 8:30am	Total Body Cond. Audrey 8:30am
10am	BodyPump Linda 9:30am	Zumba Carly 9:45am	BodyPump/ CXWORX Sharon 9:30am	Zumba Cindy 9:30am	BodyPump Carly 9:30am	Zumba Cindy 9:45am	BodyPump Maria 9:30am
11am	Pilates Mat Margaret 10:45am	EDGE Barre Loren W. 10:45am	Yoga Margaret 10:45am	BodyPump Jennifer 10:45am	Yoga Margaret 10:45am	Yoga Virginia 10:45am	BodyCombat Cecelia 10:45am
12pm					EDGE Barre Aida 12:00pm		
4pm							
5pm	EDGE Barre Germaine 4:30pm	Zumba Cindy 4:30pm		EDGE Barre Loren L. 4:30pm			
6pm	BodyPump/ CXWORX Sharon 5:30pm	Strong by Zumba Cindy 5:30pm	Zumba Rachelle 5:30pm	Zumba Toning Cindy 5:30pm	Zumba John 5:30pm		
7pm	Yoga Nicole T. 6:45pm	BodyPump Veronica 6:45pm	Yoga Andrea 6:30pm	BodyPump Maria 6:45pm			
8pm	Zumba Nicole M. 7:45pm	EDGE Barre Germaine 7:45pm	Total Body Cond. Margaret 7:30pm				
9pm							



TRUMBULL
41 Monroe Turnpike
(203) 880-5525
TheEdgeFitnessClubs.com

Effective October 1st
(Schedule Subject to Change)

All classes are 50 minutes and require registration. LesMills & Strong by Zumba classes may vary.

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

Club Hours:
M-TH 5a-10p F 5a-9p
SA 7a-6P SU 7a-5p

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY



SCHEDULE

TRUMBULL, CT

M T W TH F SA SU

5am		Spinning Catherine 5:45am		Spinning Catherine 5:45am			
6am							
7am							
8am			Beginner Ride Jaime 8:00am			Spinning Jaime 8:00am	
9am	Spinning Courtney 8:30am		RPM Jaime 8:30am		Spinning Jaime 8:30am	Beginner Ride Liz 9:00am	Spinning Samantha 9:00am
10am		Spinning Loren W. 9:30am		Spinning Jennifer 9:30am		Spinning Liz 9:30am	

4pm							
5pm	Beginner Ride Liz 5:30pm						
6pm	Spinning Liz 6:00pm	RPM Deb 6:00pm	Spinning Courtney 6:00pm	Spinning Tina 5:30pm			
7pm							
8pm							
9pm							



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