

GROUP X STUDIO

SCHEDULE FAIRFIELD, CT

M T W TH F SA SU

5am			Total Body Cond. Lauretta 5:15am			Total Body Cond. Christina 7:30am	
8am	BodyPump Alison 8:15am	NIA Alison 8:15am	Boot Camp Marie 8:15am	NIA Alison 8:15am	Total Body Cond. Marie 8:15am	Kickboxing Lyndy 8:30am	Yoga Robert 8:00am
9am							
10am	Total Body Cond. Jennifer 9:30am	BodyPump Jennifer 9:30am	EDGE Barre Loren 9:30am	BodyPump Mickey 9:30am	Zumba Claudia 9:30am	BodyPump Jim 9:30am	Total Body Cond. Christina 9:30am
11am	Yoga Lesley 10:45am	EDGE Barre Jennifer 10:45am	Yoga Janak 10:45am	Kickboxing Cathy 10:45am	Yoga Janak 10:45am	Yoga Nicole 10:45am	Zumba Patrick 10:45am
12pm	Zumba John 12:00pm	Zumba Natalie 12:00pm	Zumba Toning Cindy 12:00pm	Zumba Yolanda 12:00pm	Strong by Zumba Cindy 12:00pm	EDGE Barre Lesley 11:45am	
1pm						Zumba Pablo 1:00pm	
3pm							Yoga Mark 3:00pm
4pm							
5pm	EDGE Barre Jennifer 4:30pm		BodyPump Mickey 4:30pm		BodyPump Mickey 4:30pm		
6pm	Pilates Mat Emma 5:30pm	EDGE Barre Erika 5:30pm	Zumba Claudia 5:45pm	BodyPump Jim 5:30pm	Zumba Patrick 5:45pm		
7pm	BodyPump Mickey 6:30pm	Zumba Loren L. 6:45pm	Pilates Mat Anabella 7:00pm	Yoga Janak 6:45pm			
8pm	Zumba Toning Joy 7:45pm	Yoga Nicole 7:45pm		Zumba Mike 7:45pm			



THE EDGE
FITNESS CLUBS
FAIRFIELD
500 Kings Hwy. Cutoff
(203) 255-2582
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 5a -F 9p
SA 7a- 7p SU 7a-5p

CLASS BY TYPE: **STRENGTH** **CARDIO** **MIND BODY** **SPECIAL**



SCHEDULE

FAIRFIELD, CT

M T W TH F SA SU

6am	Spinning Lauretta 5:15am	Spinning Lauretta 5:15am		Spinning Lauretta 5:15am	RPM Lauretta 5:15am		
7am							
8am	Beginner Ride					Spinning Jennifer 7:30am	RPM Lauretta 8:00am
9am	Spinning Rob 8:30am		Spinning Samantha 8:30am				
10am		Spinning Jaime 9:30am		Spinning Loren W. 9:30am	Spinning Jennifer 9:30am	Spinning Lauretta 9:00am	Beginner Ride
11am	Spinning Loren W. 10:45am		Spinning Loren W. 10:45am				Spinning John 10:30am

4pm							
5pm		Spinning Lauretta 4:30pm		Spinning Rob 4:30pm			
6pm	Spinning Cindy 6:00pm	Beginner Ride Mickey 6:00pm	Spinning Rob 6:00pm		Spinning Rob 6:00pm		
7pm		Spinning Mickey 6:30pm					
8pm							
9pm							



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