

GROUP X STUDIO

SCHEDULE Bristol, CT

M T W TH F SA SU

6am					BodyPump Michael S. 5:30am		
7am							
8am							
9am	Edge Barre Jenn 8:30am		Intro to Bodypump Marinell 8:30am		Edge Barre Beth 8:30am	BodyPump Kelly 8:30am	Zumba Giovanna 8:30am
10am	BodyPump Katherine 9:30am	Zumba Alyson 9:30am	BodyPump Marinell 9:30am	Zumba Cariann 9:30am	BodyPump/ CXWORX Beth 9:30am	Zumba Michelle 9:45am	Boot Camp Wendy 9:30 am
11am	Yoga Lin 10:45am	Boot Camp Wendy 10:30 am	Zumba Julie 10:45am	Total Body Conditioning Wendy 10:30am	Yoga Lin 10:45am	Edge Barre Michael S. 11:00am	BodyCombat Rachel 10:45am
12pm							

4pm							
5pm	Intro to Bodypump Marinell 4:30pm	Body Flow Michael S. 4:30pm		Body Flow Beth 4:30pm			
6pm	BodyPump Marinell 5:30pm	BodyCombat Cecilia 5:30pm	BodyPump Amanda 5:30pm	BodyCombat Beth 5:30pm	Zumba Jessica 6:00pm		
7pm	Zumba Johana 6:45pm	BodyPump/ CXWORX Tom 6:45pm	Zumba Johana 6:45pm	Boot Camp Alex 6:45pm			
8pm	Yoga Cassie 7:45pm	Edge Barre Michael S. 7:45pm	Yoga Cassie 7:45pm	Zumba Maurice 7:45pm			



Bristol
1235 Farmington Ave.
(860) 582-7275
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-7p

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY

SPECIAL



SCHEDULE

BRISTOL, CT

M T W TH F SA SU

5am

Spinning Paula 5:30am		Spinning Marissa 5:30am		Spinning Paula 5:30am		
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7am

						Spinning Lisa B. 8:00am	Beginner Ride Tania 8:00am
	RPM Tina 9:00am		Spinning Terry 9:00am	Beginner Ride Gigi 9:00am			Spinning Tania 8:30am
Spinning Jenn 9:30am		Spinning Gigi 9:30am		Spinning Gigi 9:30am	RPM Lisa C. 9:30 am		Spinning John 9:45am

4pm

5pm

6pm

7pm

8pm

Spinning Mickey 6:00pm	Beginner Ride Lisa B. 6:15pm	Spinning Mickey 6:00pm	RPM Beth 6:45pm
	Spinning Lisa B. 6:45pm		



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