


# GROUP X STUDIO

## SCHEDULE MILFORD, CT

	M	T	W	TH	F	SA	SU	
6am		<b>Boot Camp</b> Erika 5:45am						
7am						<b>Kickboxing</b> Heather 7:15am		
8am						<b>Boot Camp</b> Erika 8:15am	<b>BodyPump</b> Angela 8:00am	
9am		<b>Zumba</b> John 8:30am	<b>Yoga</b> Michelle 8:30am	<b>Pilates Mat</b> Kathy 8:30am			<b>CXWORX</b> Angela 9:00am	
10am	<b>Kickboxing</b> Debi 9:30am	<b>Total Body Conditioning</b> Cathy 9:30am	<b>Kickboxing</b> Cathy 9:45am	<b>Zumba</b> Yolanda 9:30am	<b>BodyPump</b> Sharon 9:30am	<b>Pilates Mat</b> Shannon 9:30am	<b>Zumba</b> Val 9:45am	
11am	<b>Yoga</b> Michelle 10:45am	<b>Pilates Mat</b> Cathy 10:30am	<b>Zumba</b> John 10:45am	<b>Total Body Conditioning</b> Aida 10:30am	<b>Zumba</b> Rachelle 10:45am	<b>Zumba</b> Tina 10:30am	<b>Yoga</b> Virginia 10:45am	
12pm	<b>Fit For Life</b> Aida 11:45am		<b>Fit For Life</b> Cathy 11:45am			 <p><b>MILFORD</b> 125 Old Gate Lane (203) 874-3343 TheEdgeFitnessClubs.com</p> <p><b>Effective October 1st</b> (Schedule Subject to Change)</p> <p>All classes are 50 minutes and require registration. LesMills classes may vary.</p> <p>Please refer to the Group X page of our website for class policies.</p> <p><b>Club Hours:</b> M-TH 5a-10p F 5a-9p SA 7a-6p SU 7a-5p</p>		
5pm								
6pm	<b>Boot Camp</b> Heather 5:30pm	<b>BodyCombat</b> Claudine 5:30pm	<b>Boot Camp</b> Heather 5:30pm	<b>Zumba</b> John 5:30pm				<b>Yoga</b> Michelle 6:00pm
7pm	<b>BodyPump</b> Angela 6:45pm	<b>Zumba</b> Tina 6:30pm	<b>Yoga</b> Mark 6:45pm	<b>Kickboxing</b> Heather 6:30pm				
8pm	<b>Yoga</b> Anne 7:45pm							
9pm								

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



# SCHEDULE MILFORD, CT

	M	T	W	TH	F	SA	SU
6am	Spinning Willa 5:30am		Spinning Lisa 5:30am		Spinning Lisa 5:30am		
7am							
8am							
9am						Spinning Ed 8:30am	RPM Angela 9:45am
10am		RPM Angela 9:30am			Spinning Jill 9:30am		
11am							
4pm							
5pm							
6pm	RPM Angela 5:45pm	Spinning Lisa 6:00pm	Spinning Ed 5:45pm	Spinning Ed 6:00pm			
7pm							
8pm							
9pm							



**MILFORD**  
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