

GROUP X STUDIO

SCHEDULE Delran, NJ

	M	T	W	TH	F	SA	SU
6am		Total Body Conditioning Maureen 5:30am		BodyPump Jenn L. 5:30am			
7am							
8am							
9am	Yoga Tamar 8:30am		Edge Barre Nora 8:30am		Yoga Tamar 8:30am	BodyPump Lou 8:30am	Zumba Tashi 8:30am
10am	Boot Camp Victoria 9:30am	Zumba Lateya 9:30am	Yoga Toula 9:30am	Zumba Shamsun 9:30am	Total Body Conditioning Shannon 9:30am	Zumba Alana 9:30am	Boot Camp Shannon M. 9:30am
11am	Zumba Victoria G. 10:30am	Total Body Conditioning Shannon 10:30am	Zumba Shannan 10:30am	Boot Camp Victoria K. 10:30am		Kickboxing Shannon 10:30am	Yoga Tamar 10:30am
12pm						Edge Barre Nora 11:45am	
4pm							
5pm							
6pm	BodyPump Sheryl 5:30pm	Zumba Tashi 5:30pm	Kickboxing Gina 5:30pm	BodyPump Laurel 5:30pm	Yoga Toula 5:30pm		
7pm	Zumba Nadia 6:30pm	BodyPump Sheryl 6:30pm	Total Body Conditioning Evelyn 6:30pm	Zumba Alana 6:30pm	BodyPump Jenn L. 6:30 pm		
8pm	Yoga Debbie 7:45pm						
9pm							



Delran

5029 Route 130
(856) 764-4790

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



SCHEDULE

DELTRAN, NJ

M

T

W

TH

F

SA

SU

5am

Spinning
Jen M
5:30am

Spinning
Franchesha
5:30am

Spinning
Jenn L.
5:30am

6am

7am

8am

Spinning
Marla
8:00 am

9am

Spinning
Marla
9:30am

Spinning
Marla
9:30am

Spinning
Keli
9:00am

Spinning
Jen M.
9:30am

Spinning
Ashley
9:15am

Spinning
Franchesha
9:00 am

10am

4pm

5pm

Spinning
Evelyn
5:30pm

Spinning
Ashley
5:30pm

Spinning
Ashley
5:30pm

Spinning
Harry
5:30pm

Spinning
Sheryl
5:30pm

6pm

7pm

8pm

9pm



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