


# GROUP X STUDIO

## SCHEDULE DANBURY, CT

	M	T	W	TH	F	SA	SU
6am			<b>BodyPump/ CXWORX</b> Suzanne C. 5:45am				
7am							
8am		<b>BodyPump/ CXWORX</b> Tracy 8:00am				<b>Yoga</b> Sharon 7:30am	
9am	<b>BodyCombat</b> Tracy 8:30am		<b>BodyCombat</b> Tracy 8:30am	<b>BodyPump</b> Kerry 8:30am	<b>Step</b> Jan 8:30am	<b>BodyCombat</b> Cindy 8:30am	<b>Zumba</b> Tiah 8:30am
10am	<b>BodyPump</b> Tracy 9:30am	<b>Zumba</b> Bea 9:45am	<b>BodyPump</b> Kerry 9:30am	<b>Zumba</b> Amy 9:45am	<b>BodyPump</b> Tracy 9:30am	<b>Zumba</b> Natasha 9:30am	<b>BodyPump</b> Cindy 9:45am
11am	<b>Zumba</b> Cindy 10:45am	<b>Yoga</b> Jill 10:45am	<b>Zumba</b> Bea 10:45am	<b>Total Body Cond.</b> Jan 10:45am	<b>Yoga</b> Sharon 10:45am	<b>BodyPump</b> Suzanne C. 10:30am	<b>Pilates Mat</b> Melissa R. 11:00am
12pm	<b>EDGE Barre</b> Robin 11:45am				<b>Zumba</b> Mayellin 11:45am		<b>EDGE Barre</b> Tiah 12:00pm
4pm							
5pm	<b>Zumba</b> Bea 4:30pm	<b>BodyCombat</b> Cindy 4:30pm	<b>EDGE Barre</b> Jill 4:30pm	<b>Yoga</b> Jill 4:30pm	<b>BodyPump</b> Cindy 4:30pm		
6pm	<b>BodyPump</b> Sharon P. 5:30pm	<b>Zumba</b> Amy 5:30pm	<b>BodyPump</b> Cindy 5:30pm	<b>Zumba</b> Mike 5:30pm	<b>Zumba</b> Thelma 5:45pm		
7pm	<b>Yoga</b> Jill 6:45pm	<b>Total Body Cond.</b> Jan 6:30pm	<b>Zumba</b> Melissa B. 6:45pm	<b>BodyPump</b> Suzanne C. 6:30pm	<b>BodyCombat</b> Veronica 6:45pm		
8pm	<b>Zumba</b> Melissa B. 7:45pm	<b>BodyCombat</b> Jenn 7:30pm	<b>Pilates Mat</b> Kerry 7:45pm	<b>EDGE Barre</b> Kerry 7:45pm			
9pm		<b>BodyPump</b> Suzanne R. 8:30pm					



**THE EDGE  
FITNESS CLUBS  
DANBURY**

100 Newtown Road  
(203) 942-2698  
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-6p

CLASS BY TYPE:

**STRENGTH**

**CARDIO**

**MIND BODY**



# SCHEDULE

## DANBURY, CT

M T W TH F SA SU

5am

6am

8am

9am

10am

11am

4pm

5pm


6pm

7pm

8pm

9pm

Spinning Eileen 5:45am	Spinning Heidi 5:30am		Spinning Heidi 5:30am		RPM Suzanne C. 5:45am		
						Spinning Brigid 8:00am	Spinning Tonya 8:00am
Spinning Deb 8:30am					Spinning Tracy 8:30am		
	Spinning Jill 9:30am	Spinning Tracy 9:30am	Spinning Jan 9:30am			Spinning Tonya 9:30am	RPM Suzanne R. 9:30am



**DANBURY**  
 100 Newtown Road  
 (203) 942-2698  
 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-6p

	Spinning Brandon 5:45pm		Spinning Melissa 5:45pm		RPM Kelly 5:30pm
RPM Deb 6:30pm		RPM Suzanne C. 6:30pm		RPM Suzanne R. 7:00pm	
	Spinning Tonya 7:00pm				