

GROUP X STUDIO

SCHEDULE ORANGE, CT

	M	T	W	TH	F	SA	SU
6am			Boot Camp Jenn 5:45am		Boot Camp Carly 5:45am		
7am							
8am							
9am	EDGE Barre Angela 8:30am	Zumba Loren 8:30am	EDGE Barre Kristen 8:30am	Zumba Joy 8:30am	BodyPump/ CXWORX Angela 8:30am	Zumba Mike 8:30am	Total Body Conditioning Sharon 8:30am
10am	BodyPump Angela 9:30am	Total Body Conditioning Margaret 9:30am	BodyPump Odessa 9:30am	BodyCombat Natalia 9:30am	Zumba Sarah 9:30am	BodyPump Natalia 9:30am	Zumba Pablo 9:30am
11am	Zumba Yolanda 10:45am	Yoga Margaret 10:45am	Zumba Odessa 10:45am		EDGE Barre Sarah 10:45am	Yoga Jamie 10:45am	BodyPump Becky 10:30am
12pm							EDGE Barre Kate 11:45am
4pm							
5pm	EDGE Barre Kate 4:30pm	BodyPump James 4:30pm	EDGE Barre Angela 4:30pm				
6pm	Body Pump/ CXWORX Michael 5:30pm	Zumba Julie 5:30pm	BodyPump Cecelia 5:30pm	Zumba Lorenzo 5:30pm	Boot Camp Heather 5:30pm		
7pm	Yoga Alvaro 6:45pm	Total Body Conditioning Carly 6:45pm	Zumba Laura 6:45pm	BodyPump Angela 6:45pm	Zumba Kate 6:30pm		
8pm	Zumba John 7:45pm						
9pm							



ORANGE
50 Boston Post Road
(203) 890-9364
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

M T W TH F SA SU

6am	Rhythm RIDE Angela 5:45am						
7am							
8am						EDGE RIDE Courtney 8:00am	RPM Sarah 8:00am
9am	EDGE RIDE Margaret 8:30am			Beginner Ride Jenn 9:00am			Beginner Ride Marie 9:00am
10am		RPM Deb 9:30 am	Rhythm RIDE Jenn 9:30am	EDGE RIDE Angela 9:30am	RPM Angela 9:30 am		EDGE RIDE Marie 9:30am

11am

4pm

5pm

6pm

7pm

8pm

9pm



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SA 7a-7p SU 7a-6p

Beginner Ride
Heather 6:00pm

EDGE RIDE
Alexandra
5:45pm

EDGE RIDE
Marie
5:45pm

EDGE RIDE
Heather
6:30pm

Rhythm RIDE
Angela
7:00pm

EDGE RIDE
Kelly
6:30pm