

GROUP X STUDIO

SCHEDULE NORWALK, CT

M T W TH F SA SU

8am

	BodyCombat Tetiana 8:30am	Boot Camp Stephanie 8:30am		Total Body Cond. Angela 8:30am	Boot Camp Sarah 8:30am	BodyPump Jenn 8:30am	Boot Camp Marie 8:30am
9am	Boot Camp Marie 9:30am	Zumba Rhaiza 9:30am	Total Body Cond. Christina 9:30am	Zumba Tristan 9:30am	Total Body Cond. Christina 9:30am	BodyCombat Jenn 9:30am	Zumba Eva 9:45am
10am	Zumba Mayellin 10:30am	BodyPump Christina 10:30am	Zumba Mike 10:30am	BodyPump Ania 10:30am		Total Body Cond. Marie 10:30am	BodyPump Eva 10:45am
11am	Zumba GOLD Mayellin 11:30am			Fit For Life Lesley 11:45am	Fit For Life Cathy 11:00am		
12pm		Boot Camp Barb 12:30pm			Boot Camp Barb 12:30pm		Zumba Patrick 1:00pm
1pm							

4pm

5pm	BodyPump Christina 4:30pm	Total Body Cond. Marie 4:30pm		Total Body Cond. Marie 4:30pm
6pm	Step Maria 5:30pm	Boot Camp Marie 5:30pm	Total Body Cond. Jill 5:30pm	Kickboxing Lyndy 5:30pm
7pm	Zumba Lisa 6:30pm	Zumba Patrick 6:30pm	BodyPump Liz 6:30pm	Zumba Eva 6:30pm
8pm		BodyPump Eva 7:30pm		BodyPump Eva 7:30pm



THE EDGE
FITNESS CLUBS

NORWALK
542 Westport Ave.
(203) 849-0166
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-TH 5a-10p F 5a-9p
SA 7a-6p SU 7a-5p

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY

SPECIAL

STUDIO2

SCHEDULE NORWALK, CT

M T W TH F SA SU

7am

8am

9am

10am

11am

12pm

4pm

5pm

6pm

7pm

8pm

9pm

Yoga
Thora
8:00am

Yoga
Robert
8:00am

Yoga
Robert
8:00am

EDGE Barre
Lesley
9:00am

EDGE Barre
Cheryl
9:30am

Yoga
Lesley
9:30am

EDGE Barre
Patricia
9:30am

Yoga
Melissa
9:30am

Pilates Mat
Paul
9:00am

EDGE Barre
Robin P.
10:00am

Yoga
Andrea
10:30am

EDGE Barre
Christina
10:45am

Pilates Mat
Patricia
10:30am

EDGE Barre
Lesley
10:45am

Yoga
Thora
10:15am

Yoga
Nicole T.
11:15am

Pilates Mat
Caroline
12:00pm

Pilates Mat
Caroline
12:00pm

EDGE Barre
Jill
12:00pm

EDGE Barre
Jill
5:30pm

Yoga
Melissa
6:00pm

EDGE Barre
Emma
5:30pm

Yoga
Julian
6:00pm

Yoga
Melissa
7:00pm

Yoga
Thora
7:00pm



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M T W TH F SA SU

6am

Spinning
Joyce
6:00am

Spinning
Michelle
6:00am

7am

8am

Spinning
Christina
8:30am

Rhythm RIDE
Christina
8:30am

Spinning
Christina
8:30am

Spinning
Cathy
8:30am

Spinning
Deena
8:30am

9am

10am

Rhythm RIDE
Christina
9:30am

Spinning
Allie
9:30am

Spinning
Jessica
9:45am

Spinning
Jessica
9:45am

11am

4pm

5pm

6pm

Spinning
Deena
6:00pm

Spinning
Alexis
6:00pm

Spinning
Deena
6:00pm

Spinning
Lauren
6:00pm

7pm

8pm

9pm



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