


GROUP X STUDIO

SCHEDULE Philadelphia, PA

	M	T	W	TH	F	SA	SU	
6am		Total Body Conditioning Zhamayra 5:30am		BodyPump Rhiannon 5:30am				
7am								
8am						Yoga Michelle 7:30am		
9am	CXWorx Amanda 8:30am	Strong by Zumba Lauren 8:30am	Body Flow Jenny 8:30am	Strong by Zumba Lauren 8:30am	CXWorx Amanda 8:30am	BodyPump Rhiannon 8:30am	Boot Camp Kristin 8:30am	
10am	Total Body Conditioning Mary Jo 9:30am	Zumba Caitlin 9:30am	BodyPump Jenny 9:30am	Zumba Odessa 9:30am	BodyCombat Cye 9:30am	Zumba Diane 9:45am	BodyCombat Rhiannon 9:30am	
11am	Yoga Christie 10:45am	Total Body Conditioning Ellen 10:30am	CXWorx Jenny 10:30am	Boot Camp Odessa 10:45am	Yoga Danielle 10:45am	Total Body Conditioning Zhamayra 10:45am	Zumba Nicole 10:45am	
12pm								
4pm						 <p>Philadelphia 15501 Bustleton Ave. (215) 464-3537 TheEdgeFitnessClubs.com</p> <p>Effective October 1st (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>Club Hours: M - TH 4a- 11p F 4a-9p SA 7a-7p SU 7a-7p</p>		
5pm				Boot Camp Zeynab 4:30pm				
6pm	BodyPump Jane 5:30pm	Zumba Marsha 5:30pm	BodyPump Eileen 5:30pm	Zumba Nicole 5:30pm	BodyPump Eileen 5:30pm			
7pm	BodyCombat Melissa 6:45pm	Boot Camp Dan 6:30pm	BodyCombat Cye 6:45pm	Total Body Conditioning Zhamayra 6:30pm	Zumba Odessa 6:30pm			
8pm			Yoga Michelle 7:45pm					
9pm								

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY



SCHEDULE

Philadelphia, PA

	M	T	W	TH	F	SA	SU
6am		Spinning Caitlin 5:30am	Spinning Kristin 5:30am	Spinning Caitlin 5:30am	Spinning Kristin 5:30am		
7am							
8am						Spinning Melissa 8:00am	Spinning Harry 8:00am
9am							
10am	RPM Amanda 9:15am		RPM Amanda 9:15am	Spinning Zeynab 9:15am	RPM Amanda 9:15am	Spinning Avis 9:30am	Spinning Kristin 9:30am

4pm							
5pm					Spinning Zeynab 4:30pm		
6pm		Spinning Kristin 5:30pm					
7pm	Spinning Zeynab 6:15pm		Spinning Avis 6:15pm	Spinning Nicole 7:00pm			
8pm							
9pm							



Philadelphia
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