


GROUP X STUDIO

SCHEDULE MERIDEN, CT

	M	T	W	TH	F	SA	SU
6am	BodyPump/ CXWORX Michael 5:30am		Boot Camp Nicole 5:30am		BodyPump Sarah 5:30am		
8am						EDGE Barre Michelle 7:30am	EDGE Barre Beth 7:30am
9am	Zumba Odessa 8:30am	BodyCombat Beth F. 8:30am	EDGE Barre Beth 8:30am	BodyPump Odessa 8:30am	Zumba Joy 8:30am	BodyPump Michelle 8:30am	Zumba Natasha 8:30am
10am	BodyPump Odessa 9:30am	Body Flow Beth 9:30am	BodyPump/ CXWORX Beth 9:30am	Zumba Odessa 9:30am	Total Body Conditioning Rob 9:30am	Zumba Tracy 9:45am	BodyPump/ CXWORX Beth 9:30am
11am		Intro to Bodypump Beth 10:30am				Yoga Siobhan 10:45am	Body Flow Beth 10:45am
12pm							Intro to Bodypump Beth 11:45am

4pm	 <p>THE EDGE FITNESS CLUBS</p> <p>MERIDEN 533 South Broad Street (203) 235-0150 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 5a - F 9p SA 7a-7p SU 7a-7p</p>												
5pm								Intro to Bodypump Tom 4:30pm	Total Body Conditioning Rob 4:30pm	EDGE Barre Beth 4:30pm	RPM/ CXWORX Lisa 4:30pm		
6pm								BodyPump/ CXWORX Beth F. 5:30pm	BodyCombat Rob 5:30pm	BodyPump Becky 5:30pm	Zumba Tracy 5:30pm	Zumba Lorenzo 5:30pm	
7pm								Zumba Tracy 6:45pm	Zumba Michelle K. 6:45pm	Yoga Rosie 6:45pm	BodyPump Tom 6:30pm	Yoga Rosie 6:30pm	
8pm								Body Flow Michael 7:45pm		Zumba Joy 7:45pm	BodyCombat Rob 7:45pm		

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY

SPECIAL



SCHEDULE

MERIDEN, CT

M T W TH F SA SU

5am

6am

7am

8am

9am

10am

4pm

5pm

6pm

7pm

8pm

9pm

Spinning
Rob
5:30am

Spinning
Michelle
5:30am

Spinning
Rob
8:30am

Spinning
Amy
8:00am

RPM
Beth F.
8:30am

Spinning
Mike
9:30am

Spinning
Adriana
9:30am

Spinning
Michelle
9:30am

Spinning
Erica
9:30am

Spinning
Michelle
9:30am

Spinning
Adriana
9:30am

**RPM/
CXWORX**
Lisa 4:30pm

Spinning
Joesph
5:30pm

RPM
Beth F.
6:30pm

Spinning
Rob
6:30pm

Spinning
Giuliano
6:30pm



MERIDEN
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(203) 235-0150
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