

GROUP X STUDIO

SCHEDULE SHELTON, CT

M T W TH F SA SU

6am

7am

8am

9am

10am

11am

12pm

4pm

5pm


6pm

7pm

8pm

9pm

						Pilates Mat Kathy 7:30am	
BodyPump Bryan 8:30am		Total Body Cond. Aida 8:30am				BodyPump Maria 8:30am	Zumba Cassandra 8:30am
Zumba Rachelle 9:45am	Total Body Cond. Samantha 9:30am	Zumba Miwana 9:30am	BodyPump Linda 9:30am	Yoga Kimmarie 9:30am		Kickboxing Heather 9:45am	Total Body Cond. Nicole 9:30am
Pilates Mat Kathy 10:45am	Yoga Virginia 10:30am	BodyPump Alison 10:30am	Zumba Paulette 10:30am	Total Body Cond. Linda 10:30am		Zumba Patrick 10:45am	Yoga Mark 10:45am
EDGE Barre Kathy 11:45am							

					 <p>SHELTON 862 Bridgeport Avenue (203) 929-2582 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 5a-10p F 5a-9p SA 7a-6p SU 7a-5p</p>		
Yoga Kimmarie 4:30pm		EDGE Barre Kathy 4:30pm	Kickboxing Sharon 4:30pm				
BodyPump Jenn 5:30pm	Total Body Cond. Kateema 5:30pm	BodyPump Linda 5:30pm	BodyPump/ CXWORX Sharon 5:30pm				
BodyCombat Cecilia 6:30pm	Kickboxing Heather 6:30pm	Zumba Miwana 6:45pm	Yoga Kimmarie 6:45pm				
Total Body Cond. Samantha 7:30pm	Yoga Kimmarie 7:30pm						

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY



SCHEDULE

SHELTON, CT

M T W TH F SA SU

6am

Spinning
Krista
5:45am

7am

8am

Beginner Ride
Paulette 8:00am

9am

Spinning
Miwana
8:30am

Beginner Ride
Maureen 9:00am

RPM
James
8:30am

Spinning
Paulette
8:30am

Spinning
Sandra
8:30am

10am

Spinning
Alexandra
9:30am

Spinning
Maureen
9:30am

Spinning
Linda
9:30am

11am

4pm

5pm

Beginner Ride
Maugaux 5:00pm

6pm

RPM
James
5:30pm

Spinning
Tina
6:00pm

Spinning
Maureen
5:30pm

Spinning
Krista
6:00pm

Spinning
Margaux
5:30pm

7pm

8pm

9pm



SHELTON
862 Bridgeport Avenue
(203) 929-2582
TheEdgeFitnessClubs.com

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