

GROUP X STUDIO

SCHEDULE DERBY, CT

	M	T	W	TH	F	SA	SU
6am		Boot Camp Kateema 5:30am		Boot Camp Kateema 5:30am	Total Body Cond. Kateema 5:30am		
7am							
8am							EDGE Barre Loren 7:30am
9am			EDGE Barre Angela 8:30am		EDGE Barre Debi 8:30am	BodyCombat Rachel 8:30am	Total Body Cond. Margaret 8:30am
10am	Total Body Cond. Joy 9:30am	Total Body Cond. Linda 9:30am	BodyPump Linda 9:30am	Total Body Cond. Karen 9:30am	BodyPump Odessa 9:30am	BodyPump Linda 9:30am	Zumba Laura 9:30am
11am	Yoga Kimmarré 10:45am	EDGE Barre Angela 10:45am	Zumba Toning Sarah M. 10:45am	Yoga Kimmarré 10:30am	Zumba Odessa 10:45am	Zumba Miwana 10:45am	Yoga Jamie 10:30am
12pm							
		Zumba John 12:15pm				EDGE Barre Val 12:00pm	
4pm							
5pm							
6pm	BodyCombat Rachel 5:30pm	Yoga Kimmarré 5:30pm	BodyCombat Claudine 5:30pm	Total Body Cond. Liz 5:30pm	BodyPump James 5:30pm		
7pm	BodyPump Rachel 6:30pm	Boot Camp Miwana 6:45pm	BodyPump/ CXWORX Angela 6:30pm	BodyCombat Claudine 6:30pm			
8pm	Zumba Julie 7:45pm	Zumba Miwana 7:45pm	Zumba John 7:45pm	Yoga Jamie 7:30pm			
9pm							



Derby

600 New Haven Ave.
(203) 734-2582
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 4a-12a F 4a-9p
SA 7a-7p SU 7a-6p

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY



SCHEDULE

DERBY, CT

	M	T	W	TH	F	SA	SU
6am	Spinning Heather 5:45am		Spinning Tina 5:45am				
7am							
8am						Spinning Angela 8:00am	
9am		Spinning Samantha D. 8:30am					Spinning Robert 9:00am
10am	Spinning Tina 9:30am		RPM Angela 9:30am		Spinning Samantha 9:30am		
11am							
4pm							
5pm							
6pm		Spinning Kelly 5:45pm	Spinning Krista 6:00pm	Spinning Miwana 5:45pm			
7pm	Spinning Ed 6:30pm						
8pm							
9pm							



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