

GROUP X STUDIO

SCHEDULE GREENWICH, CT

M T W TH F SA SU

6am	Boot Camp Tetiana 5:45am		BodyPump Tetiana 5:45am			
7am						
8am						
9am	Yoga Jill 8:30am	Yoga Elyse 8:30am	EDGE Barre Renee 8:30am	Yoga Elyse 8:30am	Zumba Sara 8:30am	Zumba Terry 8:30am
10am	Boot Camp Joanne 9:30am	EDGE Barre Renee 9:30am	Total Body Conditioning Joanne 9:30am	Boot Camp Donna 9:30am	Yoga Robert 9:30am	Boot Camp Joanne 9:45am
11am	BodyPump Cheryl 10:30am		BodyPump Cheryl 10:30am	Pilates Mat Marlene 10:30am	BodyPump Cheryl 10:30am	Yoga Francesca 10:45am
12pm	Fit For Life Renee 11:30am	Fit For Life Renee 11:30am	Pilates Mat Julie 11:30am		Fit For Life Renee 11:30am	Total Body Conditioning Joanne 10:45am
						Yoga Lesley 12:00pm
4pm						
5pm						
6pm	BodyPump Robin P. 5:30pm	Total Body Conditioning Donna 5:30pm	Boot Camp Donna 5:30pm	BodyPump Robin P. 5:30pm	Total Body Conditioning Donna 5:30pm	
7pm	Zumba Sarah 6:30pm	Zumba Terry 6:30pm	Pilates Mat Marlene 6:30pm			
8pm		Yoga Mitzi 7:30pm		Yoga Christina 7:30pm		



GREENWICH
1333 E. Putnam Ave.
(203) 637-3906
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.

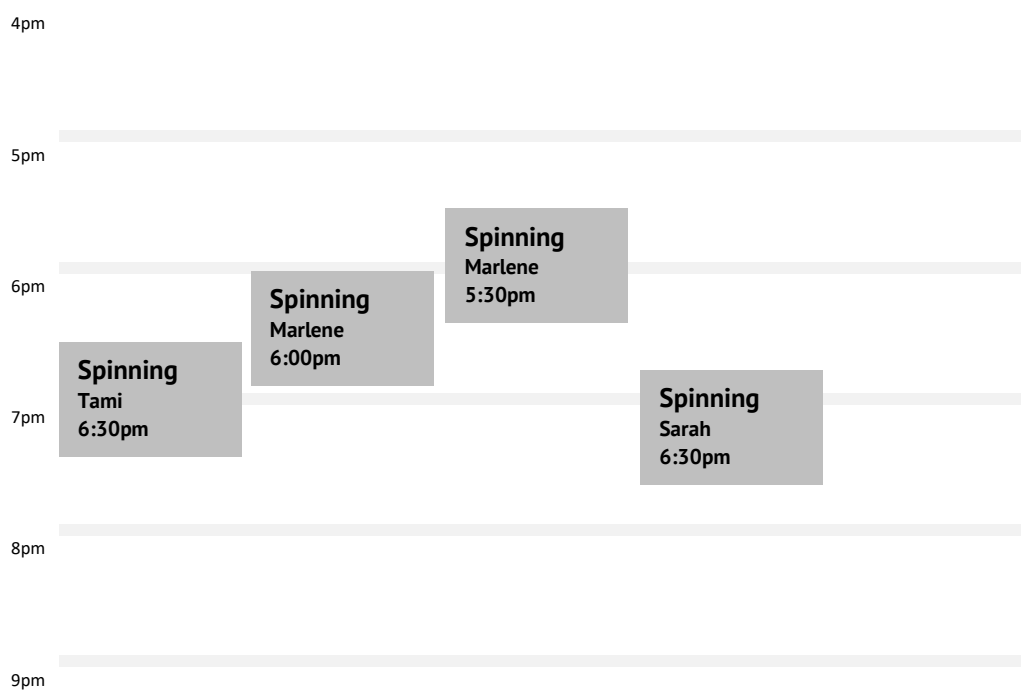
Club Hours:
M-TH 5a-10p F 5a-9p
SA 7a- 6p SU 7a-5p

CLASS BY TYPE: **STRENGTH** **CARDIO** **MIND BODY** **SPECIAL**



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