


GROUP X STUDIO

SCHEDULE HAMDEN, CT

	M	T	W	TH	F	SA	SU	
6am		Total Body Conditioning Sarah 5:45am		BodyPump Sarah 5:45am				
8am	Fit For Life Kathy 8:00am *S2		Fit For Life Kathy 8:15am *S2	Fit For Life Latoya 9:30am *S2			BodyPump/ CXWORX Michael 8:00am	
9am	Zumba John 8:30am	Power Fusion Debra 8:30am	Zumba Natalie 8:30am	Total Body Conditioning Debra 8:30am	Zumba Lorenzo 8:30am			
10am	BodyPump Michelle 9:30am	Zumba Maurice 9:30am	BodyPump/ CXWORX Tina N. 9:30am	BodyCombat Rob 9:45am	Total Body Conditioning Erica 9:30am	Total Body Conditioning Rob 9:00am	Zumba Christina 9:30am	
11am	Yoga Rosie 10:45am	BodyPump Lisa V. 10:30am	EDGE Barre Latoya 10:45am		EDGE Barre Latoya 10:30am	BodyCombat Rob 10:00am	Yoga Christina 10:45am	
12pm						Yoga Alvaro 12:00pm		
4pm						 <p>HAMDEN 2300 Dixwell Ave. (203) 248-2582 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 5a - F 9p SA 7a-7p SU 7a-6p</p>		
5pm	EDGE Barre Val 4:30pm	Yoga Rosie 4:30pm	Total Body Conditioning Joy 4:30pm	Yoga Rosie 4:30pm				
6pm	BodyCombat Rob 5:30pm	BodyPump Sarah 5:30pm	Zumba Joy 5:30pm	BodyPump Natalia 5:30pm				
7pm	BodyPump Beth C. 6:30pm	Zumba Laura 6:45pm	Boot Camp Pablo 6:30pm	Zumba Val 6:45pm	Zumba Natasha 6:30pm			
8pm	Zumba Tina D. 7:45pm							

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY

SPECIAL



SCHEDULE

HAMDEN, CT

M T W TH F SA SU

6am	Spinning Tina B. 5:45am		Spinning Tami 5:45am		RPM Michael 5:45am		
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7am

8am				Beginner Ride Courtney 8:00am		Spinning Emily 8:00am	Beginner Ride Debbie 8:30am
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9am	Spinning Rob 8:30am		Spinning Sheryl 8:30am		Spinning Courtney 8:30am		Spinning Debbie 9:00am
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10am		Spinning Lisa V. 9:30am				Spinning Robert 9:30am	
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11am

4pm

5pm		Beginner Ride Tina N. 5:00pm					
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6pm	Spinning Giuliano 6:00pm	RPM Tina N. 5:30pm	Spinning Lisa V. 6:00pm	Spinning Rob 5:30pm			
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7pm

8pm

9pm

HAMDEN
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(203) 248-2582
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