

M T W TH F SA SU

6am		<b>BodyPump</b> Crystal 5:30am		<b>BodyPump</b> Melissa 5:30am			
7am							
8am							
9am					<b>BodyPump</b> Marianne 8:30am	<b>Kickboxing</b> Jackie 8:30am	<b>BodyPump</b> Eileen 8:30am
10am	<b>BodyPump</b> Susan 9:30am	<b>Boot Camp</b> Marissa 9:30am	<b>Kickboxing</b> Marissa 9:30am	<b>Zumba</b> Heather 9:30am	<b>Boot Camp</b> Marianne 9:45am	<b>Total Body Conditioning</b> Marissa 9:30am	<b>Zumba</b> Paula 9:45am
11am	<b>Yoga</b> Andie 11:00am	<b>Zumba</b> Kim 10:30 am	<b>Yoga</b> Laurie 11:00am	<b>Total Body Conditioning</b> Marianne 10:45am	<b>Zumba</b> Kim B. 10:45am	<b>Zumba</b> Sandra 10:30am	<b>Yoga</b> Janet 11:00am
12pm		<b>Edge Barre</b> Riah 12:00pm		<b>Edge Barre</b> Kathy 12:00pm			
4pm							
5pm	<b>Edge Barre</b> Laurie 4:30pm	<b>BodyPump</b> Eileen 4:30pm	<b>Edge Barre</b> Laurie 4:30pm	<b>BootCamp</b> Marissa 4:30pm	<b>Yoga</b> John 4:30pm		
6pm	<b>Zumba</b> Paula 5:30pm	<b>BootCamp</b> Marissa 5:30pm	<b>Zumba</b> Paula 5:30pm	<b>BodyPump</b> Wendy 5:30pm	<b>Zumba</b> Lisa B. 5:30pm		
7pm	<b>BodyPump</b> Wendy 6:30pm	<b>Yoga</b> John 6:30pm	<b>BodyPump</b> Eileen 6:30pm	<b>Zumba</b> Allyson 6:45pm			
8pm	<b>Kickboxing</b> Marissa 7:45pm	<b>Zumba</b> Ally 7:30pm	<b>Kickboxing</b> Jackie 7:45pm				
9pm							



Washington Township  
141 Tuckahoe Road  
(856) 629-5451  
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 5a - F 9p  
SA 7a-7p SU 7a-7p

CLASS BY TYPE:

**STRENGTH**

**CARDIO**

**MIND BODY**



# SCHEDULE

## WASHINGTON TOWNSHIP, NJ

M T W TH F SA SU

5am

<b>Spinning</b> Bob 5:30am		<b>Spinning</b> Bob 5:30am		<b>Spinning</b> Bob 5:30am		
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7am

8am

<b>Spinning</b> Susan 8:30am	<b>Spinning</b> Katherine 8:30am		<b>Spinning</b> Bob 8:30am		<b>Spinning</b> Eileen 8:30am	
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10am

	<b>Spinning</b> Katherine 9:30am		<b>Spinning</b> Bob 9:45am	<b>Spinning</b> Al 9:45am	<b>Spinning</b> Bob R. 9:45am	
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4pm

5pm

<b>Spinning</b> Bob R. 5:00pm		<b>Spinning</b> Bob R. 5:00pm				
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6pm

<b>Spinning</b> Bob R. 6:30pm	<b>Spinning</b> Eileen 6:30pm	<b>Spinning</b> Bob R. 6:30pm	<b>Spinning</b> Eileen 6:30pm			
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8pm

9pm



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