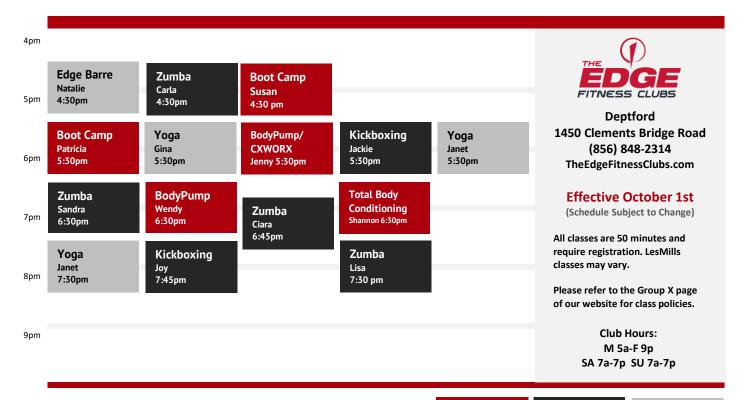


SCHEDULE

Deptford, NJ

Μ Τ TH F SA SU 6am **Boot Camp Total Body** Conditioning Cindy 5:30am Cindy 5:30am 8am Zumba **Edge Barre** Zumba Zumba Yoga John M. Helen Heather Sandra C. 9am 8:30am 8:30am 8:30am 8:30am 8:30am **BodyPump** Zumba Yoga BodyPump/ **BodyPump Boot Camp Boot Camp** Andie **CXWORX** Jenny Shannan Tricia Meaghan 10am 9:30am 9:30am 9:30am 9:30am 9:30am Susan 9:30am 9:30am **Total Body** Zumba Zumba **Kickboxing Boot Camp** Conditioning Jazmyne 11am Debbie Lisa S. Debbie 10:30am 10:30am 10:45am 10:45am 10:45am **Edge Barre** 12pm 11:30am





SCHEDULE DEPTFORD, NJ

TH F SA SU 5am **Spinning Spinning Spinning** Cindy Αl Cindy 5:30am 5:30am 5:30am 6am 7am 8am **Spinning** Bob R. **RPM** RPM **Spinning** 8:00am Susan Susan Joselito 8:30am 8:30am 8:30am 9am **Spinning Spinning Spinning Spinning Spinning** Debbie Bob R. Shana Bob 9:30am 9:30am Bev 10am 9:30am 9:30am 9:45am 4pm 5pm **Spinning Deptford** Bob R. 1450 Clements Bridge Road 5:00pm **Spinning Spinning** (856)848-2314 Santiago Monica The Edge Fitness Clubs.com 5:30pm 5:30pm 6pm **Spinning** Jack **Effective October 1st** 6:00pm **Spinning Spinning** (Schedule Subject to Change) Bob R. Bob R. 6:30pm 6:30pm All classes are 50 minutes and 7pm **Spinning** require registration. LesMills Bev classes may vary. 7:00pm Please refer to the Group X page 8pm of our website for class policies. **Club Hours:** M 5a-F 9p 9pm SA 7a-7p SU 7a-7p