

GROUP X STUDIO

SCHEDULE Deptford, NJ

| | M | T | W | TH | F | SA | SU |
|------|--|--|---|--|--------------------------------------|--------------------------------------|--|
| 6am | | Boot Camp Cindy 5:30am | | Total Body Conditioning Cindy 5:30am | | | |
| 7am | | | | | | | |
| 8am | | | | | | | |
| 9am | Zumba Mira 8:30am | | | Edge Barre Helen 8:30am | Zumba Heather 8:30am | Zumba Sandra C. 8:30am | Yoga John M. 8:30am |
| 10am | BodyPump Jenny 9:30am | Zumba Shannan 9:30am | Yoga Andie 9:30am | BodyPump/ CXWORX Susan 9:30am | Boot Camp Tricia 9:30am | BodyPump Meaghan 9:30am | Boot Camp Joselito 9:30am |
| 11am | Boot Camp Debbie 10:45am | Total Body Conditioning Debbie 10:30am | Zumba Lisa S. 10:45am | | | Kickboxing Joy 10:45am | Zumba Jazmyne 10:30am |
| 12pm | | | | | | | Edge Barre Nora 11:30am |
| 4pm | | | | | | | |
| 5pm | Edge Barre Natalie 4:30pm | Zumba Carla 4:30pm | Boot Camp Susan 4:30 pm | | | | |
| 6pm | Boot Camp Patricia 5:30pm | Yoga Gina 5:30pm | BodyPump/ CXWORX Jenny 5:30pm | Kickboxing Jackie 5:30pm | Yoga Janet 5:30pm | | |
| 7pm | Zumba Sandra 6:30pm | BodyPump Wendy 6:30pm | Zumba Ciara 6:45pm | Total Body Conditioning Shannon 6:30pm | | | |
| 8pm | Yoga Janet 7:30pm | Kickboxing Joy 7:45pm | | Zumba Lisa 7:30 pm | | | |
| 9pm | | | | | | | |



Deptford
1450 Clements Bridge Road
(856) 848-2314
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

DEPTFORD, NJ

M T W TH F SA SU

5am

| | | | | | | |
|-----------------------------|--|-----------------------------|--|--------------------------|--|--|
| Spinning Cindy 5:30am | | Spinning Cindy 5:30am | | Spinning Al 5:30am | | |
|-----------------------------|--|-----------------------------|--|--------------------------|--|--|

7am

| | | | | | | |
|---------------------------|------------------------|-----------------------------|------------------------|------------------------------|------------------------------|--------------------------------|
| | RPM Susan 8:30am | | RPM Susan 8:30am | | Spinning Bob R. 8:00am | Spinning Joselito 8:30am |
| Spinning Bob 9:30am | | Spinning Shana 9:30am | | Spinning Debbie 9:30am | Spinning Bob R. 9:30am | Spinning Bev 9:45am |

4pm

| | | | | |
|------------------------------|------------------------------|--------------------------------|--|----------------------------|
| Spinning Monica 5:30pm | Spinning Bob R. 5:00pm | Spinning Santiago 5:30pm | | Spinning Jack 6:00pm |
| Spinning Bev 7:00pm | Spinning Bob R. 6:30pm | Spinning Bob R. 6:30pm | | |

9pm



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