



Orangetheory®

MON

TUE

WED

THU

FRI

SAT

SUN

5:00am-6:00am

Emily

6:10am-7:10am

Emily

7:15am-8:00am

Emily

8:10am-9:10am

Emily

9:15am-10:15am

David

10:30am-11:30am

David

12:00pm-1:00pm

David

3:00pm-3:45pm

(LIFT45) Matt

4:00pm-5:00pm

Matt

5:15 pm-6:15 pm

Matt

6:30pm-7:30pm

Matt

7:45pm-8:45 pm

Matt

5:00am-6:00am

Aleks

6:10am-7:10am

Aleks

7:15am-8:00am

Aleks

8:10am-9:10am

Aleks

9:15am-10:15am

Margaret

10:30am-11:30am

Margaret

12:00pm-1:00pm

Margaret

3:00pm-3:45pm

Jamaine

4:00 pm-5:00pm

Jamaine

5:15 pm-6:15 pm

Jamaine

6:30pm-7:30pm

Jamaine

7:45pm-8:45pm

Jamaine

5:00am-6:00am

Emily

6:10am-7:10am

Emily

7:15am-8:00am

Emily

8:10am-9:10am

Emily

9:15am-10:15am

Matt

10:30am-11:30am

Matt

12:00pm-1:00pm

Matt

3:00pm-3:45pm

(LIFT45) Aleks

4:00pm-5:00pm

Aleks

5:15pm-6:15pm

Aleks

6:30-7:30pm

Aleks

7:45-8:45pm

Aleks

5:00am-6:00am

Matt

6:10am-7:10am

Matt

7:15am-8:00am

Matt

8:10am-9:10am

Matt

9:15am-10:15am

David

10:30am-11:30am

David

12:00pm-1:00pm

David

3:00pm-3:45pm

Jamaine

4:00pm-5:00pm

Jamaine

5:15pm-6:15pm

Jamaine

6:30pm-7:30pm

Jamaine

7:45pm-8:45pm

Jamaine

5:00am-6:00am

Matt

6:10am-7:10am

Matt

7:15am-8:00am

Matt

8:10am-9:10am

Matt

9:15am-10:15am

Margaret

10:30am-11:30am

Margaret

12:00pm-1:00pm

Margaret

3:00pm-3:45pm

(LIFT45) Aleks

4:00pm-5:00pm

Aleks

5:15pm-6:15pm

Aleks

6:30-7:30pm

Aleks

6:00am-6:45am

(LIFT45) Jamaine

7:00am-8:00am

Jamaine

8:15am-9:15am

Jamaine

9:30am-10:30am

Emily

10:45am-11:45am

Emily

12:00pm-1:00pm

David

1:15-2:00pm

(LIFT45) David

8:15am-9:15am

Aleks

9:30am-10:30am

Aleks

10:45am-11:45am

Aleks

12:00pm-1:00pm

Aleks

1:15pm-2:00pm

(LIFT45) Aleks



OTF EDGEWATER



otfedgewater

Ask about how you can bring a friend for FREE!