

			The Ridge Gym					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30					Roll and Recovery	Cardio Kick Cindy		
9:00		10-40 DeeDee	--Pilates-- Rosi	TRX/Kettel DeeDee				
9:30	Fusion Russel					Sculpting Cindy		
10:00					---Yoga--- Patrice		---Yoga--- Nita	
10:30						---Yoga--- Dina		
5:15	--Pilates-- Amy							
6:00	Cardio Kick Cindy	Boot Camp \$10 fee	Cardio Kick Cindy					