

THE RIDGE
GYM.COM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00					Roll&Recover DeeDee	Cardio Kick Cindy	
9:00		10-40 DeeDee	Pilates Rosi	TRX/Kettel DeeDee			
9:30	Fusion Russel						
10:00					..Yoga.. Patrice		..Yoga.. Nita
10:30						..Yoga.. Dina	
4:15	Pilates Allison						
6:00	Cardio Kick Cindy	Boot Camp \$10 fee	Cardio Kick Cindy				