

THE RIDGE GYM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00					Roll&Recover DeeDee		
8:30						Cardio Kick Cindy	
9:00		10-40 DeeDee	.Pilates. Rosi	TRX/Kettel DeeDee			
9:30	Fusion Russel					Body Toning Cindy	
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				