

The Ridge Gym		January					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	Spinning Scott		Spinning Scott		Spinning Scott		
8:00 am					Pilates Terianne		
8:30 am						Cardio Kick Cindy	
9:00 am			Pilates. Rosibel				
9:30 am	Fusion Russel					Sculpting Cindy	Yoga Wolfgang
10:30 am						Yoga Dina	
11:15 am					Yoga Wolfgang		
3:30 pm		Tribal Dance Perizad					
5:15 pm	Pilates Terianne						
100961		Wt. Watchers		Yoga Janis			
6:00 pm	Cardio Kick Cindy		Cardio Kick Cindy				