



BRIDGER STUDIO/POOL SCHEDULE
CHECK OUT OUR SCHEDULE ONLINE AT WWW.RIDGEATHLETIC.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		**5:30-6:30 LES MILLS BODY PUMP Byrdeen	6:00-6:30 LES MILLS CXWORX Elaine	**5:30-6:30 LES MILLS BODY PUMP Stacy	6:00-6:45 LES MILLS BODYATTACK EXPRESS Rainey	
	7:45-8:30 AQUAFIT Lucas		7:45-8:30 AQUAFIT Lucas	7:45-8:30 AQUAFIT Paula	7:45-8:30 AQUAFIT Paula	8:15-9:00 AQUAFIT Paula
**8:30-9:30 LES MILLS BODY PUMP Stacy	8:45-9:30 AQUAFIT Valarie	8:30-9:00 LES MILLS CXWORX Jen	8:45-9:30 AQUAFIT Valarie	8:30-9:00 LES MILLS CXWORX Jen	8:45-9:30 AQUAFIT Elaine	8:30-9:15 LES MILLS BODYATTACK EXPRESS Abby
9:30-10:00 LES MILLS CXWORX Lauren	**8:50-9:50 LES MILLS BODY PUMP Ruth	9:05-9:50 FOREVER ACTIVE Elaine	**8:50-9:50 LES MILLS BODY PUMP Peggy	9:05-9:50 FOREVER ACTIVE Elaine	**8:50-9:50 LES MILLS BODY PUMP Abby	9:30-10:00 LES MILLS CXWORX Ruth
10:05-11:00 LES MILLS BODYCOMBAT Rainey	10:00-10:30 LES MILLS BODYFLOW EXPRESS Ruth	9:05-10:00 CARDIO PARTY (GYM) Lauren/Michelle	10:05-10:55 ZUMBA fitness Valarie	9:05-10:00 CARDIO PARTY (GYM) Lauren/Michelle	10:00-10:30 LES MILLS BODYFLOW EXPRESS Abby	10:05-11:00 CARDIO PARTY Ruth
	10:35-11:35 ZUMBA fitness Valarie		11:00-11:45 BACK -N- BALANCE Erin		10:35-11:35 ZUMBA fitness Valarie	
	12:00-12:55 LES MILLS BODYCOMBAT Sarah	11:30-12:00 LES MILLS CXWORX Jennifer	**12:00-1:00 LES MILLS BODY PUMP Abby		12:00-12:55 LES MILLS BODYATTACK Peggy	
	1:30-2:15 FOREVER ACTIVE Elaine	12:10-1:00 PEAK ALIGNMENT Clete	1:30-2:15 FOREVER ACTIVE Leah	12:10-1:00 PEAK ALIGNMENT Clete	1:30-2:15 FOREVER ACTIVE Celine	
		4:30-5:15 LES MILLS BODYCOMBAT Rainey		4:30-5:15 LES MILLS BODYCOMBAT Rainey		
	5:15-5:45 LES MILLS CXWORX Peggy		5:15-5:45 LES MILLS CXWORX Jennifer			
	5:30-6:15 AQUA ZUMBA Keri	**5:25-5:55 LES MILLS BODY PUMP EXPRESS Lauren	5:30-6:15 AQUAFIT Sue	**5:25-5:55 LES MILLS BODY PUMP EXPRESS Lauren		
	5:50-6:45 LES MILLS BODYATTACK Rainey	5:30-6:15 AQUAFIT Paula	5:50-6:45 LES MILLS BODYCOMBAT Rainey			
	**7:00-8:00 LES MILLS BODY PUMP Jessie S.	6:05-6:55 ZUMBA fitness Susie	**7:00-8:00 LES MILLS BODY PUMP Jessie S.	6:05-6:55 ZUMBA fitness Susie		

Downtown :

Ridge Fallon:

Monday-Thursday: 5:15 am-10:00 pm
 Friday: 5:15am – 9:00 pm
 Saturday & Sunday: 7:00 am – 8:00 pm

Monday-Thursday: 5:30 am – 9:00 pm
 Friday: 5:30 am – 8:00 pm
 Saturday: 8:00 am – 7:00 pm/ Sunday: 12:00 pm – 7:00 pm

****SIGN UP REQUIRED FOR ALL BODY PUMP CLASSES****

****5:30 AM BODY PUMP CLASS SIGN UP IS 12 HOURS PRIOR ONLINE, 2 HOURS PRIOR IN HOUSE
 ALL OTHER BODY PUMP CLASS SIGN UP IS 3 HOURS PRIOR ONLINE, 2 HOURS PRIOR IN HOUSE
 NEW ATTENDEES PLEASE ARRIVE 10 MINUTES EARLY FOR SET UP