



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		**5:30-6:30 Byrdeen	6:00-6:30 Elaine	**5:30-6:30 Stacy	6:00-6:45 Rainey	
	7:45-8:30 Lucas	7:45-8:30 Paula	7:45-8:30 Lucas	7:45-8:30 Elaine	7:45-8:30 Ciara	8:15-9:00 Ciara
**8:30-9:30 Stacy	8:45-9:30 Valarie	8:30-9:00 Jen	8:45-9:30 Valarie	8:30-9:00 Jen	8:45-9:30 Elaine	8:25-9:25 Kelly
9:30-10:00 Lauren	**8:50-9:50 Ruth	9:05-9:50 FOREVER ACTIVE (Gym) Elaine	**8:50-9:50 Peggy	9:05-9:50 FOREVER ACTIVE (Gym) Elaine	**8:50-9:50 Abby	9:30-10:00 Ruth
10:05-11:00 Rainey	10:00-10:30 Ruth	9:05-10:00 CARDIO PARTY Lauren/Michelle	10:05-10:55 Valarie	9:05-10:00 CARDIO PARTY Lauren/Michelle	10:00-10:30 Abby	10:05-11:00 CARDIO PARTY Lisa
	10:35-11:35 Valarie		11:00-11:45 BACK -N- BALANCE Erin		10:35-11:35 Valarie	
	**12:00-1:00 Stacy	11:30-12:00 Abby	**12:00-1:00 Abby	11:30-12:00 Abby	12:00-12:55 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	
	4:30-5:00 Peggy	4:30-5:15 Rainey	4:30-5:15 Rainey	4:30-5:15 Rainey		
	5:05-5:50 Rainey	**5:25-5:55 Lauren	**5:25-5:55 Drew	**5:25-5:55 Lauren		
	5:30-6:15 Jane	5:30-6:15 Paula	6:00-6:30 Ruth			
	6:20-6:50 HIIT Cait	6:05-6:55 Susie	5:30-6:15 Sue	6:05-6:55 Susie		
	**7:00-8:00 Erin	7:00-7:45 HIIT Ciera	6:35-7:05 HIIT Cait	7:00-7:45 HIIT Ciera		

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