



DOWNTOWN GROUP FITNESS LIVE CLASSES/LES MILLS VIRTUAL (3/1/20)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**6:00-6:30 AM Susan	**6:00-6:45 AM CYCLE BURN Martin	**6:00-6:30 AM Dani	**6:00-6:45 AM CYCLE BURN Martin	**6:00-6:45 AM Dani	
12:15-12:45 	6:45-7:45 AM 	7:00-8:00 AM MULTI-LEVEL YOGA Martin	6:45-7:30 AM 	7:00-8:00 AM MULTI-LEVEL YOGA Martin	7:15-8:15 AM 	**8:30-9:30
1:00-1:30 	8:30-9:30 MULTI-LEVEL STEP Elaine	**8:30-9:30 Amy	7:45-8:15 	**8:30-9:30 Amy	8:30-9:15 Lauren	9:40-10:25 Jessica
1:45-2:45 	9:45-10:45 MULTI-LEVEL YOGA Tanya	9:45-10:30 	8:30-9:20 Michelle	9:45-10:30 	9:45-10:45 LEVEL 1 YOGA Tanya	10:45-11:30
**3:00-4:00 Peggy	11:00-11:50 PEAK ALIGNMENT Lauren	10:45-11:30 	9:30-10:30 GENTLE YOGA Bethanie	10:45-11:35 	11:00-11:50 PEAK ALIGNMENT Lauren	11:45-12:15
4:15-5:00 	12:00-12:30 Elaine	**12:00-1:00 Elaine	10:45-11:45 PILATES Kat	**12:00-1:00 Byrdeen	**12:00-12:30 Stacy	12:30-1:15
5:15-5:45 	12:30-1:00 Peggy	1:15-1:45 	12:00-12:30 HIIT Jenny	1:15-1:45 	12:30-1:00 Lauren	1:30-2:00 BEGINNER
6:00-6:30 BEGINNER	1:15-2:00 	2:15-3:15 	12:30-1:00 Jenny	2:00-2:30 	1:15-1:45 	2:15-3:05
	2:15-3:00 	3:30-4:15 	1:30-2:00 BEGINNER	2:45-3:15 	2:00-3:00 	3:15-4:15
	3:15-4:00 		2:15-3:15 	3:30-4:15 	3:15-4:00 	4:30-5:30
	4:45-5:15 Dani	**4:30-5:15 Ruth	3:30-4:15 	4:30-5:30 MULTI-LEVEL YOGA Becky	4:15-4:45 	5:45-6:45
	**5:30-6:30 Jessie	**5:30-6:00 Jenny	4:30-5:15 Tara	5:40-6:10 	5:00-6:00 	
	6:45-7:15 	6:15-7:00 	**5:30-6:30 Jessie	6:15-7:00 	6:15-6:45 	
	7:30-8:15 	7:15-8:05 	6:45-7:15 	7:15-7:45 	7:00-7:50 	
	8:20-8:50 	8:15-8:45 	7:30-8:15 	8:00-8:45 		
			8:25-8:55 			

****SIGN UP REQUIRED FOR ALL CYCLE AND BODY PUMP CLASSES****
 5:45/6:00 am class sign-up is 12 hours prior online, 2 hours prior in-house
 All other classes 3 hours prior online, 2 hours prior in-house

HOURS:

The Ridge – 4181 Fallon Ave. 586-1737
 Monday-Thursday: 5:15 am – 10:00 pm
 Friday: 5:15 am – 9:00 pm
 Saturday & Sunday: 7:00 am – 8:00 pm

The Ridge Downtown – 111 E. Mendenhall 586-0077
 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