


THE RIDGE

GYM AND FITNESS CENTER, LLC

November 2019 Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Morning Gentle Yoga 9AM (Denise)	2
3	4 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	8 Zumba 5:30PM (Vickie) Yoga 6:30PM (Denise)	6 Zumba Dance 5:30PM (Vickie)	7 HIIT Circuits 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	8 Morning Gentle Yoga 9AM (Denise)	9
10	11 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	12 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	13 Zumba Dance 5:30PM (Vickie)	14 HIIT Circuits 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	15 Morning Gentle Yoga 9AM (Denise)	16
17	18 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	19 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	20 Zumba Dance 5:30PM (Vickie)	21 HIIT Circuits 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	22 Morning Gentle Yoga 9AM (Denise)	23
24	25 HIIT 5:30PM (Stephanie) LIIT 6:30PM (Stephanie)	26 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	27 Zumba Dance 5:30PM (Vickie)	28 No Classes Thanksgiving 	29 No Classes Black Friday 	30