



951 Aquidneck Avenue
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Strength Works ~Karen~		3-2-1 Flex ~Karen~				
8:15am	On the Ball ~Aggie~	Jon's Super Hero Training ~Jon~	Zumba ~Erin~	Pilates Body ~Anne~	Kickboxing ~Cheryl~	8:30am Muscle! Power! Sweat! ~Carol~	
AM SPIN	8:15am Endurance Spin ~Sarah~	6:00am Ride & Shine Spin ~Kim~	8:15am Endurance Spin ~Katie~	6:00am Ride & Shine Spin ~Melissa~	6:00am Ride & Shine Spin ~Emily~	8:00am Endurance Spin ~Sarah~	8:00am Endurance Spin ~Kim~
					8:15am Endurance Spin ~Kathy~	9:30am Endurance Spin ~Sarah~	9:30am Endurance Spin ~Kim~
9:15am	3-2-1 Shred ~Martina~	Vinyasa Flow Yoga ~Liz~	Strength Works ~Martina~	100% New Step ~Carol~	Pilates Body ~Liz L.~	9:30 Cardio Funk ~Jackie~	9:30am Vinyasa Flow Yoga ~Amanda~
3:15pm	HPX (pre-registration required)		HPX (pre-registration required)		HPX (pre-registration required)	<p style="text-align: center;">All classes included in your membership ***** 10 class punchcard and daily passes available for non-members ***** Ask about our Student, Teacher, and Military Discounts</p>	
4:15pm	Vinyasa Flow Yoga ~AnneMarie~	Strength Works ~Cheryl~	3-2-1 Shred ~Martina~	On the Ball ~Aggie~	Kids Yoga w/ Martina (pre-registration required)		
5:30pm	Olympic Challenge Rachel/Michael	Kickboxing ~Cheryl~	Vinyasa Flow Yoga ~Anne Marie~	Olympic Challenge ~John B.~	Zumba ~Erin~		
PM SPIN	5:30pm Endurance Spin ~Katie~	5:30pm Interval Spin ~Emily~	5:30pm All Terrain Spin ~Sarah~		5:30pm Interval Spin ~Sarah~		
6:30pm	Cardio Funk ~Jackie~	Zumba ~Linda~		Zumba ~Erin~			

~Class descriptions on our website~