

April

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:55-20/20/20-Molly 9:15-Cage Fitness-Shannon 30 minutes 10:05-Kick Azz-Amy L
2 9:05-Turbo Kick-Lisa 10:05-Easy Yoga 11-Yoga- Tina	3 9-BOSU/CT-Valerie 10:10-BS/Abs-Terry 4:45-Cage Fitness-Shannon 30 minutes 5:45-Yoga-Maggie 6:50-Jamz-Karen	4 9-Cardio Pump-Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	5 6-Turbo Kick- Lisa 9-Mat Pilates-Robin 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Krista	6 9-Jamz- Kristin 10:10-Kick Azz-Amy L 4:40-ST/Kick BX-Susan 5:45-Yoga- Geri 7:00- Cage Fitness-Shannon- 30 minutes	7 9-ST/CT- Terry 10:10-PIYO- Ali	8 7:55-20/20/20-Amy L 9- PIYO- Lisa 10:05-Kick Azz- Dan
9 9:05-20/20/20-Molly 10:05-Easy Yoga 11-Yoga- Maggie	10 9-BOSU/CT-Jennifer 10:10-BS/Abs-Marcela 4:45-Cage Fitness-Shannon 30 minutes 5:45-Yoga- Geri 6:50-Jamz-Karen	11 9-Cardio Pump-Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	12 6-Ripped- Alexis 9-Mat Pilates-Robin 10:10-Tabata-Jennifer 6-20/20/20- Marcella 7:05-Kick Azz- Krista	13 9-CT/ABS-Amy L 10:10-Kick Azz- Molly 4:40-20/20/20-Terry 5:45-Yoga- Lisa 7:00- Cage Fitness-Shannon-30 minutes	14 9-ST/CT- Jo Ann 10:10-PIYO- Ali	15 7:55-20/20/20-Molly 9:15-Cage Fitness-Shannon 30 minutes 10:05-Kick Azz- Lisa
16 HAPPY EASTER!	17 9-BOSU/CT-Jo Ann 10:10-BS/Abs-Amy L 4:45-Cage Fitness-Shannon 30 minutes 5:45-Yoga- Geri 6:50-Jamz-Karen	18 9-Ripped- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	19 6-Ripped-Alexis 9-Mat Pilates-Robin 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Krista	20 9-Jamz- Kristin 10:10-Kick Azz-Terry 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness-Shannon-30 minutes	21 9-ST/CT-Jennifer 10:10-Stretch & Strength- Dee	22 7:55-20/20/20-Amy L 9-Tabata-Alexis 10:05-Kick Azz- Dan
23 9:05-Cage Fitness-Shannon 30 minutes 10:05-Easy Yoga 11-Yoga- Tina ----- 30 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11:00-Yoga-Maggie	24 9-BOSU/CT-Valerie 10:10-BS/Abs- Ali 4:40-Tabata-Susan 5:45-Yoga-Geri 6:50-Jamz-Karen	25 9-Cardio Pump-Amy L 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	26 6-Tabata-Valerie 9-Mat Pilates-Robin 10:10-Tabata-Jennifer 6-20/20/20- Krista 7:05-Kick Azz- Krista	27 9-Jamz- Kristin 10:10-Kick Azz-Molly 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness-Shannon- 30 minutes	28 9-ST/CT- Terry 10:10-Stretch & Strength- Dee	29 7:55-20/20/20-Molly 9-BOSU/Tabata-Valerie 10:05-Kick Azz-Krista