

# May

## GROUP EX



BETTER BODIES

859-344-9995 [www.betterbodiesnky.com](http://www.betterbodiesnky.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9-BOSU/CT-Jo Ann 10:10-BS/Abs- Ali 4:40-Tabata- Susan 5:45-Yoga-Geri 6:50-Jamz-Karen	2 9-Cardio Pump-Terry 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly 7:05-Barre-Amanda	3 6-Tabata-Valerie 9-Mat Pilates-Robin 10:10-Tabata-Jennifer 6-20/20/20- Debbie 7:05-Kick Azz- Krista	4 9-Jamz- Kristin 10:10-Kick Azz-Terry <b>4:40-Latin JAMZ-Petra</b> 5:45-Yoga- Tina <b>7:00-Cage Fitness-Shannon- 30 minutes</b>	5 9-ST/CT- Amy L 10:10-Stretch & Strength- Dee	6 7:55-20/20/20-Molly 9-Turbo Kick- Ali 10:05-Kick Azz-Dan
7 <b>9:05-Cage Fitness-Shannon 30 minutes</b> 10:05-Easy Yoga 11-Yoga- Maggie	8 9-BOSU/CT-Jennifer 10:10-BS/Abs- Marcella 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	9 9-Ripped- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	10 6-Ripped- Alexis 9-Mat Pilates-Robin 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Debbie	11 9-Jamz- Kristin 10:10-Kick Azz- Terry 4:40-ST/Kick BX-Susan 5:45-Yoga- Tina <b>7:00- Cage Fitness-Shannon- 30 minutes</b>	12 9-ST/CT-Jennifer 10:10-Stretch & Strength- Dee	13 7:55-20/20/20-Amy L 9-Tabata/Bosu- Valerie 10:05-Kick Azz-Kristin
14 9:05-20/20/20-Molly 10:05-Easy Yoga 11-Yoga- Tina	15 9-BOSU/CT- Ali 10:10-BS/Abs- Terry 4:40-Tabata- Susan 5:45-Yoga- Maggie 6:50-Jamz-Kristin	16 9-Cardio Pump- Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly 7:05-Barre-Amanda	17 6-Turbo Kick- Lisa 9-Mat Pilates-Robin 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Krista	18 9-CT/ABS-Jennifer 10:10-Kick Azz- Molly 4:40-ST/Kick BX-Susan 5:45-Yoga- Tina <b>7:00- Cage Fitness-Shannon-30 minutes</b>	19 9-ST/CT- Jo Ann <b>10:10-PIYO- Ali</b>	20 7:55-20/20/20-Molly <b>9:15-Cage Fitness-Shannon 30 minutes</b> 10:05-Kick Azz- Valerie
21 9:05-Turbo Kick-Lisa 10:05-Easy Yoga 11-Yoga- Tina	22 9-BOSU/CT-Valerie 10:10-BS/Abs- Ali <b>4:45-Cage Fitness-Shannon 30 minutes</b> 5:45-Yoga- Geri 6:50-Jamz-Karen	23 9-Cardio Pump-Amy L 4:40-PIYO- Alexis 5:45-Turbo Kick-Kelly 7:05-Barre-Amanda	24 6-Ripped-Alexis 9-Mat Pilates-Robin 10:10-CT/ABS-Jennifer 6-20/20/20-Debbie 7:05-Kick Azz- Krista	25 9-Jamz- Kristin 10:10-Kick Azz- Marcella 4:40-Tabata- Susan 5:45-Yoga- Tina <b>7:00-Cage Fitness-Shannon-30 minutes</b>	26 9-ST/CT- Molly 10:10-Stretch & Strength- Dee	27 7:55-20/20/20-Amy L 9-PIYO- Lisa 10:05-Kick Azz- Dan
28 9:05-Tabata-Alexis 10:05-Easy Yoga 11-Yoga- Maggie	29 <b>9:15 Extended Cage Fitness-45 minutes-Shannon</b> <b>Happy Memorial Day!</b>	30 9-Tabata-Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	31 6-Tabata-Valerie 9-Mat Pilates-Jamie 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Krista			