

# November

## GROUP EX



BETTER BODIES

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6-Ripped-Alexis 9-Mat Pilates- Robin 10:10-Turbo Kick-Lisa 6:00-20/20/20- Nell 7:05-Kick Azz-Krista	2 9-Jamz- Petra 10:10-Kick Azz- Molly 4:40-Tabata- Valerie 5:45-Yoga- Tina 7- Cage Fitness- Shannon	3 9-ST/CT-Jo Ann 10:10-Stretch & Strength- Dee	4 7:55-20/20/20-Amy L 9-Ripped-Alexis 10:05-Kick Azz- Nell
5 9:05-Insanity- Lisa 10:05-Easy Yoga 11-Yoga- Tina	6 9-BOSU/CT-Valerie 10:10-BS/Abs- Ali 4:40-ST/Kick BX-Susan 5:45-Yoga- Maggie 6:50-Jamz-Karen	7 9-Ripped- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	8 6-Tabata-Alexis 9-Mat Pilates-Jamie 10:10-Tabata- Lisa 6-20/20/20- Debbie 7:05-Kick Azz-Krista	9 9-Jamz- Petra 10:10-Kick Azz- Marcella 4:40-Tabata-Susan 5:45-Yoga- Lisa 7- Cage Fitness- Shannon	10 9-ST/CT-Jennifer 10:10-PIYO- Ali	11 7:55-20/20/20-Lisa 9-BOSU/Tabata- Valerie 10:05-Kick Azz- Amy L
12 9:05-20/20/20- Molly 10:05-Easy Yoga 11-Yoga-Maggie	13 9-BOSU/CT-Molly 10:10-BS/ Abs- Marcella 4:40-Tabata- Susan 5:45-Yoga- Tina 6:50-Jamz-Karen	14 9-Cardio Pump- Jennifer 4:40-PIYO-Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	15 6-Tabata-Valerie 9-PIYO- Ali 10:10-Tabata- Nell 6-20/20/20-Debbie 7:05-Kick Azz-Krista	16 9-Jamz- Petra 10:10-Kick Azz- Jennifer 4:40-ST/CT- Terry 5:45-Yoga- Tina 7- Cage Fitness- Shannon	17 9-ST/CT-Terry 10:10-Mat Pilates- Jamie	18 7:55-20/20/20-Amy L 9-Jamz- Petra 10:05-Kick Azz- Molly
19 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Tina	20 9-BOSU/CT-Jennifer 10:10-BS/Abs- Dan 4:40-ST/Kick BX-Susan 5:45-Yoga-Geri 6:50-Jamz-Karen	21 9-Ripped- Terry 4:40-PIYO-Lisa 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	22 6-Ripped-Alexis 9-Mat Pilates-Jamie 10:10-Turbo Kick- Ali <b>No Evening Classes</b>	23 <b>9-20/20/20-Marcella</b> <b>Happy Thanksgiving!</b>	24 <b>10-Bootcamp</b> <b>Strength &amp; ABS- Leah</b>	25 <b>9:15- Cage Fitness- Shannon</b> <b>10:05-Kick Azz- Marcella</b>
26 9:05-Tabata-Alexis 10:05-Easy Yoga 11-Yoga-Maggie	27 9-BOSU/CT-Ali 10:10-BS/Abs- Terry 4:40-Tabata-Susan 5:45-Yoga-Geri 6:50-Jamz-Karen	28 9-Cardio Pump- Jennifer 4:40-PIYO-Alexis 5:45-ST/Kick BX- Nell 7:05-Barre-Amanda	29 6- Ripped-Alexis 9-Mat Pilates-Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz-Krista	30 9-Ripped- Terry 10:10-Kick AZZ- Jennifer 4:40-Tabata- Valerie 5:45-Yoga- Tina 7- Cage Fitness- Shannon		