

November

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:15-Leah 4:45-Shannon 6--Beth-Interval	2 6-Valerie 9:15-Julia-Ins Choice 6-Tina-Strength	3 5:45-Beth 9:15-Leah-Strength	4 8:15-Stephanie 9:15-Tina-Endurance
5 8:30-Alexis 9:30-Amy-Ins. Choice	6 5:45-Amy 9:15-Dan 4:45-Julia 6-Mary-Interval	7 6:15-Garrett 9:15-Sue-Strength 6-Andy-Fat Burn1	8 9:15-Leah 4:45-Shannon 6-Beth-Ins. Choice	9 6-Valerie 9:15-Julia-Interval 6-Shannon-Strength	10 5:45-Tina 9:15-Sue-Endurance	11 8:15-Stephanie 9:15-Tina-Ins Choice
12 8:30-Shannon 9:30-Andy-Ins. Choice	13 5:45-Amy 9:15-Sue 4:45-Julia 6-Mary-Strength	14 6:15-Garrett 9:15-Marcella-Endurance 6-Amy-Fat Burn1	15 9:15-Leah 4:45-Beth 6-Tina-Interval	16 6-Valerie 9:15-Julia-Ins Choice 6-Shannon-Endurance	17 5:45-Amy 9:15-Tina -Strength	18 8:15-Stephanie 9:15-Valerie-Strength
19 8:30-Julia 9:30-Tina- Ins. Choice	20 5:45-Amy 9:15-Andy 4:45-Shannon 6-Mary-Ins. Choice	21 6:15-Garrett 9:15-Dan-Interval 6-Beth-Fat Burn1	22 9:15-Leah- Ins Choice 1 Hour Ride	23 9:00-Alexis Thanksgiving Ride 1 Hour	24 9:00-Amy Turkey Burn Ride 1 Hour	25 8:15-Stephanie 9:15-Beth-Endurance
26 8:30-Molly 9:30-Tina-Ins. Choice	27 5:45-Amy 9:15-Marcella 4:45-Shannon 6-Mary-Strength	28 6:15-Garrett 9:15-Tina-Ins. Choice 6-Beth-Fat Burn1	29 9:15-Leah 4:45-Leah 6-Shannon-Endurance	30 6-Tina 9:15-Julia- Interval 6-Andy- Interval		

Sign up begins at the front desk 1/2 hour prior to class to reserve your bike. Sign up a day in advance for \$2. Set up your bike up 10 minutes prior to class. Wipe down your bike after class with a green towel.

2230 Grandview Dr, Ft. Mitchell KY 41017