

September

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 5:45-Alexis 9:15-Amy-Strength	2 8:15-Stephanie 9:15-Tina -Strength
3 8:30-Beth 9:30-Tina-Ins Choice	4 9:15-Amy-Ins Choice LABOR DAY!	5 6:15-Garrett 9:15--Sue-Strength 6-Andy- Fat Burn1	6 9:15-Leah 4:45-Tina 6-Shannon- Ins. Choice	7 6-Andy 9:15-Julia--Interval 6-Tina-Strength	8 5:45- Beth 9:15-Amy-Endurance	9 8:15-Stephanie 9:15-Alexis--Strength
10 8:30-Shannon 9:30-Andy- Ins Choice	11 5:45-Amy 9:15- Sue 4:45-Julia 6-Andy- Strength	12 6:15-Garrett 9:15--Dan-Endurance 6-Tina- Fat Burn1	13 9:15-Leah 4:45-Beth 6-Shannon- Interval	14 6-Valerie 9:15-Julia -Ins Choice 6-Amy-Endurance	15 5:45-Tina 9:15-Leah-Strength	16 8:15-Stephanie 9:15-Beth-Endurance
17 8:30-Tina 9:30--Julia- Ins Choice	18 5:45-Amy 9:15-Dan 4:45-Shannon 6-Mary- Ins. Choice	19 6:15-Garrett 9:15-Sue-Interval 6-Amy- Fat Burn1	20 9:15-Leah 4:45-Beth 6-Shannon-Endurance	21 6-Tina 9:15-Julia-Ins Choice 6-Andy-Strength	22 5:45-Beth 9:15-Valerie-Interval	23 8:15- Leah 9:15-Tina- Strength
24 8:30-Alexis 9:30-Amy- Ins Choice	25 5:45-Amy 9:15-Sue 4:45-Julia 6-Mary- Strength	26 6:15-Garrett 9:15--Marcella-Strength 6-Valerie-Fat Burn1	27 9:15-Leah 4:45-Beth 6-Shannon-Interval	28 6-Valerie 9:15-Julia-Endurance 6-Tina -Ins Choice	29 5:45-Alexis 9:15-Shannon-Interval 6- Spin Happy Hour w/Several Instructors! Refreshments afterwards.	30 8:15-Stephanie 9:15-Tina- Strength

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