

September



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

GROUP EX

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-ST/CT- Jennifer 10:10-Piyo- Ali	2 7:55-20/20/20-Molly 9-Turbo Kick- Ali 10:05-Kick Azz-Amy L
3 9:05-CT/ABS- Molly 10:05-Easy Yoga 11-Yoga- Maggie	4 9:30-Kick Azz- Dan HAPPY LABOR DAY!	5 9-Cardio Pump- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre- Amanda	6 6-Ripped- Alexis 9-Mat Pilates- Robin 10:10-Tabata-Jennifer 6-20/20/20- Debbie 7:05-Kick Azz- Krista	7 9-Jamz- Petra 10:10-Kick Azz- Terry 4:40-Tabata-Valerie 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	8 9-ST/CT- Amy L 10:10-Mat Pilates- Jamie	9 7:55-20/20/20-Amy L 9-PIYO- Lisa 10:05-Kick Azz- Dan
10 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga- Tina	11 9-BOSU/CT- Jo Ann 10:10-BS/Abs-Ali 4:45-Cage Fitness- Shannon 5:45-Yoga- Geri 6:50-Jamz- Natalie	12 9-Cardio Pump- Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre- Amanda	13 6-No Class 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Nell	14 9-Jamz- Petra 10:10-Kick Azz- Terry 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	15 9-ST/CT- Terry 10:10-Barre-Dee	16 7:55-20/20/20-Amy L 9-BOSU/Tabata- Valerie 10:05-Kick Azz- Dan
17 9:05-Cage Fitness- Shannon 10:05-Easy Yoga 11-Yoga- Tina	18 9-BOSU/CT-Jennifer 10:10-BS/Abs- Ali 4:40-Tabata- Susan 5: 45-Yoga- Geri 6:50-Jamz- Karen	19 9-Cardio Pump- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre- Amanda	20 6-Ripped-Alexis 9-Mat Pilates- Robin 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Krista	21 9-Jamz- Petra 10:10-Kick AZZ- Terry 4:40- Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	22 9-ST/CT-Amy L 10:10-Mat Pilates- Jamie	23 7:55-20/20/20-Ali 9-JAMZ- Petra 10:05-Kick Azz- Lisa
24 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga-Maggie	25 9-BOSU/CT-Valerie 10:10-BS/Abs-Terry 4:40-Turbo Kick-Lisa 5:45-Yoga- Geri 6:50-Jamz- Karen	26 9-Cardio Pump- Amy L 4:40-PIYO- Ali 5:45-Turbo Kick-Kelly S 7:05-Barre- Amanda	27 6-Ripped-Alexis 9-Mat Pilates- Jamie 10:10-Tabata-Jennifer 6-20/20/20-Debbie 7:05-Kick Azz- Nell	28 9-Jamz- Petra 10:10-Kick Azz- Jennifer 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	29 9-ST/CT- Jo Ann 10:10-Barre- Dee 6:00 JAMZ Happy Hour w/ Several Instructors! Party afterwards. Let's Groove Tonight!!	30 7:55-20/20/20-Molly 9:15-Cage Fitness- Shannon 10:05-Kick Azz- Amy L