

# JANUARY

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

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