

JANUARY

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15–Amy Ins. Choice HAPPY NEW YEAR!	2 6:15-Garrett 9:15-Molly -Ins Choice 6-Tina-Interval	3 9:15-Leah 4:45-Beth 6-Tina-Endurance	4 6-Valerie 9:15-Julia -Ins Choice 5:45-Shannon - Strength	5 5:45-Alexis 9:15-Amy-Strength	6 8:15-Stephanie 9:15-Shannon- Endurance
7 8:30-Beth 9:30-Amy-Ins. Choice	8 5:45-Amy 9:15-Molly 4:45-Julia 6-Mary-Interval	9 6:15-Garrett 9:15-Tina-Strength 6-Andy-Fat Burn1	10 9:15–Leah 4:45-Beth 6-Shannon-Ins. Choice	11 6-Valerie 9:15-Julia-Interval 5:45-Amy-Strength	12 5:45-Beth 9:15-Leah-Endurance	13 8:15-Stephanie 9:15-Tina -Ins Choice
14 8:30-Tina 9:30-Julia– Ins. Choice	15 5:45-Amy 9:15-Marcella 4:45–Julia 6-Mary-Strength	16 6:15-Garrett 9:15-Tina-Endurance 6--Beth-Fat Burn1	17 9:15– Leah 4:45-Beth 6-Tina-Interval	18 6-Andy 9:15-Julia-Ins Choice 5:45-Amy–Endurance	19 5:45-Alexis 9:15-Molly-Strength	20 8:15-Beth 9:15-Tina-Interval
21 8:30-Amy 9:30-Andy-Ins. Choice	22 5:45-Amy 9:15-Marcella 4:45-Shannon 6-Mary-Ins. Choice	23 6:15-Garrett 9:15-Tina-Interval 6-Amy-Fat Burn1	24 9:15-Leah 4:45-Beth 6-Shannon– Strength	25 6-Andy 9:15-Julia– Endurance 5:45-Tina– Ins Choice	26 5:45-Tina 9:15-Leah– Endurance	27 8:15-Stephanie 9:15-Beth-Interval
28 8:30-Alexis 9:30-Shannon -Ins. Choice	29 5:45– Amy 9:15-Molly 4:45-Shannon 6-Mary-Strength	30 6:15-Garrett 9:15-Marcella -Ins. Choice 6-Tina-Fat Burn1	31 9:15– Leah 4:45– Beth 6– Shannon– 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.