

March

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

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