

April

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

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