

May

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9-Cardio Pump- Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	2 6-Ripped-Alexis 9-Mat Pilates- Jamie 10:10-Insanity- Lisa 6-20/20/20- Debbie 7:05-Kick Azz- Krista	3 9-Jamz- Petra 10:10-Kick Azz- Terry 4:40-Tabata-Valerie 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon- 30 minutes	4 9-ST/CT- Jennifer	5 7:55-20/20/20-Amy L 9-BOSU/CT-Molly 10:05-Kick Azz-Nell
6 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Geri	7 9-BOSU/CT- Molly 10:10-BS/Abs- Marcella 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	8 9-Cardio Pump- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	9 6-Tabata- Nell 9-Mat Pilates- Jamie 10:10-Tabata-Jennifer 6-20/20/20- Debbie 7:05-Kick Azz- Debbie	10 9-Jamz- Petra 10:10-Kick Azz- Molly 4:40-ST/Kick BX-Susan 5:45-Yoga- Tina 7:00- Cage Fitness- Shannon- 30 minutes	11 9-ST/CT- Amy L	12 7:55-20/20/20-Molly 9-JAMZ- Petra 10:05-Kick Azz- Valerie
13 9:05-20/20/20-Molly 10:05-Easy Yoga 11-Yoga- Maggie Happy Mothers Day!	14 9-BOSU/CT- Valerie 10:10-BS/Abs- Amy L 4:40-Tabata- Susan 5:45-Yoga- Tina 6:50-Jamz-Karen	15 9-Tabata- Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	16 6-Tabata-Valerie 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Krista	17 9-Jamz- Petra 10:10-Kick Azz- Marcella 4:40-Tabata-Valerie 5:45-Yoga- Tina 7:00- Cage Fitness- Shannon-30 minutes	18 9-ST/CT- Jo Ann	19 7:55-20/20/20-Ali 9-Core De Force- Alexis 10:05-Kick Azz- Amy L
20 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga-Tina	21 9-BOSU/CT-Jo Ann 10:10-BS/Abs- Terry 4:40-Tabata-Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	22 9-Cardio Pump-Amy L 4:40-PIYO- Alexis 5:45-Turbo Kick-Kelly S 7:05-Barre-Amanda	23 6-Ripped-Alexis 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20-Debbie 7:05-Kick Azz- Krista	24 9-Jamz- Petra 10:10-Kick Azz- Molly 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon-30 minutes	25 9-ST/CT- Terry	26 7:55-20/20/20-Amy L 9-PIYO- Ali 10:05-Kick Azz- Nell
27 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Tina	28 9-Core De Force- Alexis Happy Memorial Day	29 9-Cardio Pump- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre-Amanda	30 6-Ripped-Alexis 9-Mat Pilates- Robin 10:10-Tabata- Nell 6-20/20/20-Debbie 7:05-Kick Azz- Krista	31 9-Jamz- Petra 10:10-Kick Azz- Jennifer 4:40-Tabata- Valerie 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon-30 minutes		

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