

# May

# SPINNING



BETTER BODIES

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

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

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