

June

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

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