

July

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Maggie	2 9-BOSU/CT- Ali 10:10-BS/Abs-Terry 4:40-Tabata-Valerie 5:45-Yoga- Geri 6:50-Jamz- Petra	3 9-Cardio Pump-Amy L 4:40-PIYO-Stephanie 5:45-Turbo Kick- Lisa 6:50-Barre-Morgan	4 9-Cage Fitness- Shannon HAPPY 4TH OF JULY!	5 9-Jamz- Petra 10:10- Kick Azz- Jennifer 4:40-Tabata- Nell 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	6 9-ST/CT- Jo Ann 10:10-Mat Pilates- Jamie	7 7:55-20/20/20-Amy L 9-Core De Force- Alexis 10:05-Kick Azz- Nell
8 9:05-Cage Fitness- Shannon 10:05-Easy Yoga 11-Yoga- Tina	9 9-BOSU/CT-Molly 10:10-BS/Abs-Amy L 4:40-CT/Kick BX-Susan 5:45-Yoga- Geri 6:50-Jamz-Karen	10 9-Cardio Pump- Terry 4:40-PIYO-Stephanie 5:45-Turbo Kick- Lisa 6:50-Barre-Morgan	11 6-Ripped-Alexis 9-Mat Pilates- Jamie 10:10-Tabata-Jennifer 6-20/20/20- Debbie 7:05-Kick Azz-Krista	12 9-Jamz- Petra 10:10-Kick Azz-Terry 4:40-Tabata- Nell 5:45-Yoga- Geri 7:00-Cage Fitness- Shannon	13 9-ST/CT- Terry 10:10- Barre - Dee	14 7:55-20/20/20- Marcella 9-Jamz- Karen 10:05-Kick Azz- Valerie
15 9:05-20/20/20- Molly 10:05-Easy Yoga 11-Yoga- Maggie	16 9-BOSU/CT- Amy L 10:10-BS/Abs- Marcella 4:40-Tabata- Susan 5:45-Yoga- Tina 6:50-Jamz- Karen	17 9-Cardio Pump-Terry 4:40-PIYO- Lisa 5:45-Turbo Kick-Kelly S 6:50-Barre-Morgan	18 6-Turbo Kick- Lisa 9-Mat Pilates- Robin 10:10- Tabata- Nell 6-20/20/20-Debbie 7:05-Kick Azz-Krista	19 9-Jamz- Leah 10:10-Kick Azz- Geri 4:40-Tabata- Valerie 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	20 9-ST/CT- Molly 10:10- Barre- Dee	21 7:55-20/20/20-Molly 9-BOSU/Tabata- Valerie 10:05-Kick Azz-Krista
22 9:05-Core De Force- Alexis 10:05-Easy Yoga 11-Yoga- Tina	23 9-BOSU/CT- Valerie 10:10-BS/Abs- Dee 4:40-Tabata- Susan 5: 45-Yoga- Geri 6:50-Jamz- Karen	24 9-Cardio Pump- Jennifer 4:40-PIYO- Ali 5:45-Turbo Kick-Kelly S 6:50-Barre-Morgan	25 6-Tabata-Valerie 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Krista 7:05-Kick Azz-Krista	26 9-Jamz- Molly 10:10-Kick AZZ- Geri 4:40-CT/ST- Terry 5:45-Yoga- Tina 7:00-No Class Tonight	27 9-ST/CT- Jennifer 10:10-Mat Pilates- Robin	28 7:55-20/20/20-Molly 9-Ripped-Krista 10:05-Kick Azz- Nell
29 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Tina	30 9-BOSU/CT- Molly 10:10-BS/Abs- Terry 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	31 9-Cardio Pump-Amy L 4:40-PIYO-Stephanie 5:45-Turbo Kick- Lisa 6:50-Barre- Morgan				

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