

July

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

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

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