

# August



BETTER BODIES

## GROUP EX

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

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