

September

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

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