

# October



BETTER BODIES™

## GROUP EX

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9-BOSU/CT-Molly 10:10-BS/Abs-Ali 4:40-Turbo Kick- Lisa 5:45-Yoga- Geri 6:50-Jamz- Karen	2 9-Cardio Pump- Jennifer 4:40-PIYO- Stephanie 5:45-Turbo Kick-Kelly S 6:50-Barre- Morgan	3 6-Ripped-Alexis 9-Mat Pilates- Janie 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Krista	4 9-Jamz- Molly 10:10-Kick Azz- Jennifer 4:40-Tabata-Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	5 9-ST/CT- Jo Ann 10:10-Barre -Morgan	6 7:55-20/20/20- Ali 9-BOSU/CT- Amy L 10:05-Kick Azz-Nell
7 9:05-20/20/20- Molly 10:05-Easy Yoga 11-Yoga- Tina	8 9-BOSU/CT-Amy L 10:10-BS/Abs- Ali 4:40-Insanity- Lisa 5:45-Yoga- Geri 6:50-Jamz- Karen	9 9-Cardio Pump- Terry 4:40-PIYO-Lisa 5:45-Turbo Kick- Lisa 6:50-Barre- Sara	10 6-Ripped- Alexis 9-Mat Pilates- Jamie 10:10-Tabata-Jennifer 6-20/20/20- Debbie 7:05-Kick Azz- Nell	11 9-Jamz- Petra 10:10-Kick Azz- Molly 4:40-ST/CT- Terry 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	12 9-ST/CT- Amy L 10:10-Barre- Dee	13 7:55-20/20/20- Ali 9-Jamz- Petra 10:05-Kick Azz-Amy L
14 9:05-Core De Force- Alexis 10:05-Easy Yoga 11-Yoga- Tina	15 9-BOSU/CT- Ali 10:10-BS/Abs-Dee 4:40-Tabata-Valerie 5:45-Yoga- Geri 6:50-Jamz- Karen	16 9-Cardio Pump- Jennifer 4:40-PIYO-Stephanie 5:45-Turbo Kick- Lisa 6:50-Barre-Morgan	17 6-Tabata- Nell 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Krista	18 9-Jamz- Petra 10:10-Kick Azz- Jennifer 4:40-Tabata- Nell 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	19 9-ST/CT- Terry 10:10-Barre- Morgan	20 7:55-20/20/20-Amy L 9-BOSU/Tabata- Valerie 10:05-Kick Azz-Krista
21 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga- Tina	22 9-BOSU/CT-Valerie 10:10-BS/Abs- Marcella 4:40-Tabata- Susan 5: 45-Yoga- Geri 6:50-Jamz- Karen	23 9-Cardio Pump-Amy L 4:40-PIYO-Stephanie 5:45-Turbo Kick-Kelly S 6:50-Barre-Morgan	24 6-Tabata- Nell 9-Mat Pilates- Jamie 10:10-Turbo Kick- Ali 6-20/20/20- Debbie 7:05-Kick Azz- Krista	25 9-Jamz- Petra 10:10-Kick AZZ- Molly 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	26 9-ST/CT- Jennifer 10:10-Barre- Dee	27 7:55-20/20/20-Molly 9-Turbo Kick- Lisa 10:05-Kick Azz- Amy L
28 9:05-Barre-Morgan 10:05-Easy Yoga 11-Yoga- Tina	29 9-BOSU/CT- Amy L 10:10-BS/Abs- Terry 4:40-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	30 9-Ripped- Terry 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 6:50-Barre-Morgan	31 6-Tabata-Alexis 9-Mat Pilates- Jamie 10:10-Tabata- Jennifer <b>Happy Halloween!</b>			