

November

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BETTER BODIES™

GROUP EX

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