

November

859-344-9995 www.betterbodiesnky.com



BETTER BODIES

SPINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6-Valerie 9:15--Tina- Ins Choice 5:45-Shannon- Endurance	2 5:45-Beth 9:15-Molly-Strength	3 8:15-Stephanie 9:15-Amy -Strength
4 9:00-Molly-Ins Choice	5 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Interval	6 6:15-Garrett 9:15--Beth-Strength 5:45-Tina-Fat Burn1	7 9:15-Leah 4:45-Lynsey 6-Tina- Ins. Choice	8 6-Valerie 9:15-Lynsey--Interval 5:45-Shannon- Strength	9 5:45- Andy 9:15-Julia-Strength 6-Spin Happy Hour! Several Instructors! Refreshments Afterwards!	10 8:15-Amy 9:15-Shannon-- Strength
11 9:00-Leah-Ins Choice	12 5:45-Amy 9:15- Dan 4:45-Lynsey 6-Mary- Strength	13 6:15- Andy 9:15--Beth-Endurance 5:45--Tina-Fat Burn1	14 9:15-Leah 4:45-Amy 6-Tina- Interval	15 6-Amy 9:15-Julia -Ins Choice 5:45-Shannon- Endurance	16 5:45-Beth 9:15-Shannon- Strength	17 8:15-Tina 9:15-Andy-Endurance
18 9:00-Julia-Ins Choice	19 5:45-Andy 9:15-Marcella 4:45-Lynsey 6-Mary- Ins. Choice	20 6:15- Tina 9:15-Beth-Interval 5:45-Amy-Fat Burn1	21 9:15-Leah 4:45-Tina	22 9:15-Lynsey- Thanksgiving Ride	23 :15-Leah--Turkey Burn Ride! 1 hour	24 8:15-Stephanie 9:15-Beth-Strength
25 9:00-Alexis-Ins Choice	26 5:45-Amy 9:15-Dan 4:45-Lynsey 6-Mary- Strength	27 6:15-Garrett 9:15-Shannon- Ins. Choice 5:45-Amy-Fat Burn 1	28 9:15-Leah 4:45-Valerie 6-Tina	29 6-Valerie 9:15-Julia- Ins Choice 5:45-Shannon- Strength	30 5:45-Beth 9:15-Tina- Endurance	
<p>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 10 minutes prior to class. Wipe down your bike after class with a green towel.</p>						