

# December



BETTER BODIES™

## GROUP EX

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