

January



BETTER BODIES™

GROUP EX

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9-Cardio Kick Box– Amy L Happy New Year!	2 6-NO Class Today 9-PIYO–Lisa 10:10-Turbo Kick– Lisa 6-20/20/20– Debbie 7:05–Kick Azz– Krista	3 9-Jamz– Brandy 10:10-Kick Azz– Terry 4:40-Tabata- Susan 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	4 9-ST/CT– Terry 10:10-Barre –Morgan	5 7:55-20/20/20– Krista 9-Ripped– Alexis 10:05-Kick Azz–Amy L
6 9:05-Jamz– Karen 10:05-Easy Yoga 11-Yoga– Tina	7 9-BOSU/CT–Amy L 10:10-BS/Abs– Marcella 4:40-Insanity– Lisa 5:45-Yoga– Geri 6:50-Jamz– Karen	8 9-Cardio Pump– Jennifer 4:40-PIYO–Lisa 5:45-Turbo Kick– Lisa 6:50-Barre–Morgan	9 6-Tabata– Alexis 9-Mat Pilates– Jamie 10:10-Turbo Kick– Ali 6-20/20/20– Debbie 7:05-Kick Azz– Krista	10 9-Jamz– Petra 10:10-Kick Azz– Molly 4:40-Tabata– Susan 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	11 9-ST/CT–Jennifer 10:10-Barre- Dee	12 7:55-20/20/20– Molly 9-PIYO– Lisa 10:05-Kick Azz– Nell
13 9:05-Core De Force– Alexis 10:05-Easy Yoga 11-Yoga– Maggie	14 9-BOSU/CT– Molly 10:10-BS/Abs– Ali 4:40-Tabata–Susan 5:45-Yoga– Geri 6:50-Jamz– Karen	15 9-Cardio Pump–Amy L 4:40-PIYO–Stephanie 5:45-Turbo Kick– Lisa 6:50-Barre–Morgan	16 6-Ripped–Alexis 9-Mat Pilates– Jamie 10:10-Tabata–Jennifer 6-20/20/20– Debbie 7:05-Kick Azz– Krista	17 9-Jamz– Petra 10:10-Kick Azz– Terry 4:40-Tabata– Susan 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	18 9-ST/CT– Amy L 10:10-Barre– Morgan	19 7:55-20/20/20–Molly 9-Jamz– Petra 10:05-Kick Azz–Krista
20 9:05– Turbo Kick– Lisa 10:05-Easy Yoga 11-Yoga– Tina	21 9-BOSU/CT–Amy L 10:10-BS/Abs–Jo Ann 4:40-ST/CT– Terry 5: 45-Yoga– Geri 6:50-Jamz– Karen	22 9-Cardio Pump– Jennifer 4:40-PIYO–Stephanie 5:45-Turbo Kick–Kelly S 6:50-Barre–Morgan	23 6-Tabata– Nell 9-Mat Pilates– Jamie 10:10-Turbo Kick– Ali 6-20/20/20– Debbie 7:05-Kick Azz– Krista	24 9-Jamz– Petra 10:10-Kick AZZ– Jennifer 4:40-Tabata– Valerie 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	25 9-ST/CT– Terry 10:10-Barre– Dee	26 7:55-20/20/20–Amy L 9-Tabata– Nell 10:05-Kick Azz– Geri
27 9:05-Core-De-Force– Alexis 10:05-Easy Yoga 11-Yoga– Maggie	28 9-BOSU/CT– Valerie 10:10-BS/Abs– Terry 4:40-Tabata– Susan 5:45-Yoga– Tina 6:50-Jamz– Karen	29 9-Ripped– Terry 4:40-PIYO–Stephanie 5:45-Turbo Kick–Kelly S 6:50-Barre–Morgan	30 6-Tabata– Nell 9-Mat Pilates– Jamie 10:10-Tabata– Jennifer 6-20/20/20– Debbie 7:05-Kick Azz– Krista	31 9-Jamz– Petra 10:10-Kick Azz– Molly 4:40-Tabata– Nell 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon		