

February



BETTER BODIES
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GROUP EX

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