

March



BETTER BODIES

GROUP EX

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