

February

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 5:45-Andy 9:15-Molly- Strength	2 8:15-Stephanie 9:15-Beth -Strength
3 9:00-Lynsey- Ins Choice	4 5:45-Amy 9:15-Marcella 4:45-Lynsey 6-Mary- Interval	5 6:15-Garrett 9:15--Beth-Strength 5:45-Amy-Fat Burn1	6 9:15-Valerie 4:45-Leah 6-Tina- Ins. Choice	7 6-Valerie 9:15-Molly--Interval 5:45-Shannon- Strength	8 5:45--Alexis 9:15-Leah- Endurance	9 8:15-Stephanie 9:15--Tina--Strength
10 9:00-Julia -Ins Choice	11 5:45-Amy 9:15--Dan 4:45--Lynsey 6-Mary- Strength	12 6:15-Garrett 9:15--Beth-Endurance 5:45--Tina-Fat Burn1	13 9:15-Leah 4:45-Leah 6-Tina- Interval	14 6-Amy 9:15-Julia -Ins Choice 5:45-Shannon- Endurance	15 5:45-Beth 9:15-Shannon - Strength	16 8:15-Stephanie 9:15-Lynsey- Endurance
17 9:00-Leah-Ins Choice	18 5:45-Amy 9:15-Tina 4:45-Lynsey 6-Mary- Ins. Choice	19 6:15-Garrett 9:15-Dan-Interval 5:45-Tina-Fat Burn1	20 9:15-Leah 4:45-Amy 6-Tina-Endurance	21 6-Andy 9:15-Julia- Ins Choice 5:45-Shannon- Strength	22 5:45-Alexis 9:15-Valerie-- Interval	23 8:15-Stephanie 9:15-Shannon- Strength
24 9:00-Alexis-- Ins Choice	25 5:45-Amy 9:15-Dan 4:45-Lynsey 6-Mary- Strength	26 6:15-Garrett 9:15-Beth-Ins. Choice 5:45-Tina-Fat Burn 1	27 9:15-Leah 4:45-Valerie 6-Tina-Ins Choice	28 6-Valerie 9:15-Julia-Endurance 5:45-Shannon-Interval		

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 up 10 minutes prior to class. Wipe down your bike after class with a green towel.