

APRIL

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesny.com

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