

# May



BETTER BODIES

## GROUP EX

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6-Tabata– Nell 9-Mat Pilates– Jamie 10:10-Tabata/Core– Jennifer <b>6:30-Kick Azz– Krista</b>	2 9-Jamz– Petra 10:10-Kick Azz– Molly 4:40-Tabata– Susan 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	3 9-ST/CT– Jennifer 10:10-Barre –Dee	4 7:55-20/20/20–Molly 9-Jamz– Petra 10:05-Kick Azz– Nell
5 9:05-JAMZ– Karen <b>10:05-Yoga– Valerie</b> <b>No 11am Yoga Today</b>	6 9-BOSU/CT– Molly 10:10-BS/Abs– Terry 4:40-Tabata– Susan 5:45-Yoga– Geri 6:50-Jamz– Karen	7 9-Cardio Pump– Jennifer 4:40-PIYO–Stephanie 5:45-Turbo Kick– Lisa 6:50-Barre-Morgan	8 6-Ripped– Alexis 9-Mat Pilates– Jamie 10:10-CT– Marcella <b>6:30-Kick Azz– Geri</b>	9 9-Jamz– Petra 10:10-Kick Azz– Jennifer 4:40-Tabata– Susan 5:45–Yoga– Tina 7:00-Cage Fitness– Shannon	10 9-ST/CT– Jennifer 10:10-Barre– Morgan <b>6-Jamz/Spin Happy Hour! Bring a guest for free. Refreshments afterwards.</b>	11 7:55-20/20/20– Ali 9-Core De Force– Alexis 10:05-Kick Azz– Marcella
12 9:05-20/20/20-Molly 10:05-Easy Yoga 11-Yoga– Tina <b>Happy Mother’s Day!</b>	13 9-BOSU/CT– Ali 10:10-BS/Abs– Marcella 4:40-Tabata– Valerie 5:45-Yoga– Geri 6:50-Jamz– Karen	14 9-Cardio Pump– Molly 4:40-PIYO–Stephanie 5:45 Turbo kick– Lisa 6:50-Barre–Morgan	15 6-BOOTCAMP– Nell 9-Mat Pilates– Jamie 10:10-Turbo Kick– Lisa <b>6:30-Kick Azz– Krista</b>	16 9-Jamz– Brandy 10:10-Kick Azz– Terry 4:40-Tabata– Susan 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	17 9-ST/CT– Terry 10:10-Barre– Dee	18 7:55-20/20/20– Lisa 9-BOSU/Tabata– Valerie 10:05-Kick Azz– Dan
19 9:05-Turbo Kick– Lisa <b>10:05-Yoga– Lisa</b> <b>No 11am Yoga Today</b>	20 9-BOSU/CT– Jo Ann 10:10-BS/Abs– Ali 4:40-Tabata– Susan 5:45-Yoga- Geri 6:50-Jamz– Karen	21 9-Cardio Pump– Terry 4:40-PIYO– Stephanie 5:45-Tabata– Valerie 6:50-Barre-Morgan	22 6-Kick BX/Strength- Nell 9-Mat Pilates– Robin 10:10-CT– Marcella <b>6:30-Kick Azz– Krista</b>	23 9-Jamz– Petra 10:10-Kick AZZ– Terry 4:40-Tabata– Susan 5:45-Yoga– Tina 7:00-Cage Fitness– Shannon	24 9-ST/CT– Jennifer 10:10-Barre– Morgan	25 7:55-20/20/20– Molly 9-Ripped– Alexis 10:05-Kick Azz– Dan
26 <b>9:15-Cage Fitness– Shannon</b> 10:05 Easy Yoga 11-Yoga– Maggie	27 <b>9-Core De Force- Alexis</b>  <b>Happy Memorial Day!</b>	28 9-Cardio Pump– Terry 4:40-PIYO– Lisa 5:45-Turbo Kick– Lisa 6:50-Barre-Morgan	29 6-Ripped-Alexis 9-Mat Pilates– Jamie 10:10-Tabata/Core– Jennifer <b>6:30-Kick Azz– Krista</b>	30 9-Jamz– Petra 10:10-Kick Azz- Jennifer 4:40-Tabata– Susan 5:45-Yoga– Maggie 7:00-Cage Fitness- Shannon	31 9-ST/CT– Jo Ann 10:10-Barre– Morgan	