

# September

859-344-9995 [www.betterbodiesnky.com](http://www.betterbodiesnky.com)



## SPINNING

BETTER BODIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00-Lynsey- Ins Choice	2 <b>9:15--Amy- Interval</b> <b>Happy Labor Day!</b>	3 6:15-Garrett 9:15-Beth-Ins. Choice 5:45-Shannon-Fat Burn1	4 9:15-Leah 4:45- Valerie 6-Tina-Interval	5 6-Valerie 9:15--Julia- Ins Choice 5:45-Amy-Endurance	6 5:45-Alexis-Spin/Lift 9:15-Shannon-Strength	7 8:15-Stephanie 9:15-Dan -Strength
8 9:00-Amy -Ins Choice	9 5:45-Amy 9:15- Lynsey 4:45- Tina 6-Shannon- Interval	10 6:15-Garrett 9:15--Beth-Strength 5:45-Tina-Fat Burn1	11 9:15-Leah 4:45-Leah 6-Tina- Ins. Choice	12 6-Amy 9:15-Julia--Interval 5:45-Shannon-Strength	13 5:45-Andy 9:15-Molly-Endurance	14 8:15-Beth 9:15-Julia--Strength
15 9:00-Shannon -Ins Choice	16 5:45-Amy 9:15-Lynsey 4:45- Amy 6-Shannon- Strength	17 6:15-Garrett 9:15--Marcella-Endurance 5:45--Tina-Fat Burn1	18 9:15-Leah 4:45-Amy 6-Tina- Interval	19 6-Valerie 9:15-Julia -Ins Choice 5:45-Shannon-Endurance	20 5:45-Beth 9:15-Dan -Strength	21 8:15-Stephanie 9:15-Leah-Endurance
22 9:00-Alexis-Ins Choice	23 5:45-Amy 9:15-Lynsey 4:45- Tina 6-Tina- Ins. Choice	24 6:15-Garrett 9:15-Beth-Interval 5:45-Shannon-Fat Burn1	25 9:15-Leah 4:45-Valerie 6-Tina-Endurance	26 6-Amy 9:15-Julia- Ins Choice 5:45-Shannon-Strength	27 5:45-Andy 9:15-Dan-Interval	28 8:15-Stephanie 9:15-Alexis-Strength
29 9:00-Tina-Ins Choice	30 5:45-Amy 9:15-Lynsey 4:45- Amy 6-Tina- Strength					

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.

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