

# March



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

**BETTER BODIES**

## SPINNING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00-Krista-Ins Choice	2 5:45-Amy 9:15-Lynsey 4:45-Tina 6-Stephanie-Endurance	3 6:15-Garrett 9:15-Beth-Ins. Choice 5:45-Amy-Fat Burn1	4 9:15-Krista 4:45-Beth 6-Krista-Interval	5 6-Amy 9:15-Molly- Ins Choice 5:45-Tina-Endurance	6 5:45-Andy 9:15-Marcella-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-Krista- Interval	10 6:15-Garrett 9:15--Beth-Strength 5:45-Tina Fat Burn1	11 9:15-Leah 4:45-Valerie 6-Krista- Ins. Choice	12 6-Valerie 9:15-Julia--Interval 5:45-Tina-Strength	13 5:45-Alexis-Spin/Lift 9:15-Lynsey-Endurance	14 8:15-Stephanie 9:15-Julia--Strength
15 9:00-Beth -Ins Choice	16 5:45-Amy 9:15-Lynsey 4:45- Tina 6-Krista- Strength	17 6:15-Garrett 9:15--Marcella-Endurance 5:45--Tina Fat Burn1	18 9:15-Krista 4:45-Leah 6-Krista- Interval	19 6-Valerie 9:15-Julia -Ins Choice 5:45-Tina-Endurance	20 5:45-Andy 9:15-Leah -Strength	21 8:15-Stephanie 9:15-Shannon-Endurance
22 9:00-Lynsey -Ins Choice	23 5:45-Amy 9:15-Lynsey 4:45- Tina 6-Shannon - Ins. Choice	24 6:15-Garrett 9:15-Beth-Interval 5:45-Tina- Fat Burn1	25 9:15-Leah 4:45- Amy 6-Krista-Endurance	26 6-Valerie 9:15-Julia- Ins Choice 5:45-Shannon-Strength	27 5:45-Alexis-Spin/Lift 9:15-Dan-Interval	28 8:15-Stephanie 9:15-Krista-Strength
29 9:00-Shannon -Ins Choice	30 5:45-Amy 9:15-Lynsey 4:45- Tina 6-Krista- Strength	31 6:15-Garrett 9:15-Beth-Endurance 5:45-Shannon Fat Burn 1				