

# SEPTEMBER BB

## Group Ex

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9-Cardio Pump- Dan 4:30-PIYO-Stephanie 5:45-Turbo Kick- Lisa	2 9-Mat Pilates- Jamie 10:15-Bosu/Tabata- Valerie 6:30-Kick Azz- Krista	3 9-Jamz Plus- Helen 10:15-Kick Azz- Molly 4:30-Tabata- Susan 5:45-Yoga- Diane	4 9-ST/CT- Terry 10:15-Yoga- Valerie	5 8:30- Turbo Kick- Lisa
6 9:30-Jamz- Karen 10:30-Yoga- Stephanie	7 <b>9-20/20/20- Terry HAPPY LABOR DAY!</b>	8 9-Tabata-Valerie 4:30-PIYO-Stephanie 5:45-Turbo Kick- Lisa	9 9-Mat Pilates-Jamie 10:15-BS/Abs-Jennifer 6:30-Kick Azz- Krista	10 9-Jamz- Karen 10:15-Kick Azz-Marcella 4:30-Tabata- Susan 5:45-Yoga- Diane	11 9-ST/CT- Terry 10:15-Stretch/ Strengthen- Dee	12 8:30-20/20/20- Molly
13 9:30-Kick Azz- Karen 10:30-Yoga- Diane	14 9-BOSU/CT- Valerie 10:15-BS/Abs-Jennifer 4:30-CT/ABS- Geri 5:45-Yoga- Geri 6:50-Jamz- Karen	15 9-Jamz- Molly 4:30-PIYO-Stephanie 5:45-Turbo Kick- Lisa	16 9-Mat Pilates- Jamie 10:15-20/20/20- Molly 6:30-Kick Azz- Krista	17 9-Jamz Plus- Helen 10:15-Kick Azz- Jennifer 4:30-Tabata- Susan 5:45-Yoga- Diane	18 9-ST/CT- Terry 10:15-Stretch/ Strengthen- Dee	19 8:30-Bosu/Tabata- Valerie
20 9:30-Turbo Kick- Lisa 10:30-Yoga- Stephanie	21 9-BOSU/CT- Molly 10:15-BS/Abs- Dan 4:30-CT/ABS- Geri 5:45-Yoga- Geri 6:50-Jamz- Karen	22 9-Kick Azz- Jennifer 4:30-PIYO- Stephanie 5:45-Tabata- Nell	23 9-Mat Pilates-Jamie 10:15-Turbo Kick- Lisa 6:30-Kick Azz- Krista	24 9-Jamz- Molly 10:15-Kick Azz- Terry 4:30-Tabata- Susan 5:45-Yoga- Diane	25 9-CT/Abs- Valerie 10:15-Stretch/ Strengthen- Dee	26 8:30-20/20/20- Molly
27 9:30-Turbo Kick- Lisa 10:30-Yoga- Diane	28 9-BOSU/CT- Valerie 10:15-BS/Abs-Jennifer 4:30-CT/ABS- Geri 5:45-Yoga- Geri 6:50-Jamz- Karen	29 9-Cardio Pump- Terry 4:30-PIYO- Stephanie 5:45-Turbo Kick- Lisa	30 9-Mat Pilates-Jamie 10:15-Tabata/Lift- Valerie 6:30-Kick Azz- Krista			