

SEPTEMBER

BB Spin

859-344-9995 www.betterbodiesny.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:15-Garrett 9:15-Beth-Interval 6-Krista F- Fat Burn1	2 9:15-Molly 4:45-Krista- Strength	3 6:15-Valerie 9:15-Julia-Interval 6-Tina-Endurance	4 6:15-Beth 9:15-Amy- Ins Choice	5 8:15-Lynsey 9:30-Tina- Endurance
6 9:15-Krista- Ins Choice	7 9:15- Amy- Ins Choice HAPPY LABOR DAY!	8 6:15-Garrett 9:15--Dan- Strength 6-Tina- Fat Burn1	9 9:15-Molly 4:45-Krista-Ins Choice	10 6:15-Valerie 9:15-Julia--Interval 6-Amy- Strength	11 6:15-Beth 9:15-Lynsey- Endurance	12 8:15- Marcella 9:30-Krista--Strength
13 9:15-Tina- Ins Choice	14 6:15-Amy 9:15-Lynsey 4:45- Tina 6-Krista- Strength	15 6:15-Garrett 9:15--Beth-Endurance 6-Krista F- Fat Burn1	16 9:15-Marcella 4:45-Krista-Endurance	17 6:15-Valerie 9:15-Julia -Ins Choice 6-Tina-Endurance	18 6:15-Krista 9:15-Amy-- Strength	19 8:15-Amy 9:30-Beth -Endurance
20 9:15-Lynsey -Ins Choice	21 6:15-Amy 9:15-Dan 4:45- Tina 6-Krista - Ins. Choice	22 6:15-Garrett 9:15-Beth-Interval 6-Tina- Fat Burn1	23 9:15-Valerie 4:45- Krista- Strength	24 6:15-Valerie 9:15-Julia- Ins Choice 6-Amy -Strength	25 6:15-Krista 9:15-Lynsey- Interval	26 8:15-Krista 9:30-Tina- Strength
27 9:15-Amy- Ins Choice	28 6:15-Amy 9:15-Lynsey 4:45- Tina 6-Krista- Strength	29 6:15-Garrett 9:15-Marcella-Interval 6-Krista F- Fat Burn 1	30 9:15-Julia 4:45-Krista- 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 10 minutes prior to class. Wipe down your bike after class with a green towel.