

SEPTEMBER

JULY

SPINNING



BETTER BODIES™

www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:15-Krista- Ins Choice HAPPY LABOR DAY!	2 6:15-Garrett 9:15-Lynsey - Endurance 6-Amy- Fat Burn1	3 9:15-Valerie 4:45-Candice- Strength	4 6:15-Amy 9:15-Beth- Ins. Choice 4:45-Candice- Ins Choice	5 9:15-Jamie- Interval	6 8:15-Krista 9:30-Lynsey- Endurance
7 9:15-Amy- Ins Choice	8 9:15-Lynsey 4:45- Molly 6-Amy N- Strength	9 6:15-Garrett 9:15-Dan-Endurance 6-Krista F- Fat Burn1	10 9:15-Krista 4:45-Krista-Ins Choice	11 6:15-Amy 9:15-Beth 4:45-Candice-Interval	12 9:15-Jamie-Ins Choice	13 8:15-Stephanie 9:30-Beth--Interval
14 9:15-Jamie-Ins Choice	15 9:15-Lynsey 4:45-Molly 6-Amy N- Endurance	16 6:15-Garrett 9:15-Marcella- Ins. Choice 6-Krista F- Fat Burn1	17 9:15-Dan 4:45-Candice- Strength	18 6:15-Amy 9:15-Beth 4:45-Candice- Interval	19 9:15-Jamie- Strength	20 8:15-Lynsey 9:30-Jamie-Interval
21 9:15-Krista- Ins Choice	22 9:15-Lynsey 4:45- Dan 6-Amy N- Endurance	23 6:15-Garrett 9:15-Valerie- Strength 6-Stephanie- Fat Burn1	24 9:15-Krista 4:45-Krista-Interval	25 6:15-Amy 9:15-Beth 4:45-Candice-Strength	26 9:15-Jamie-Interval	27 8:15-Amy 9:30-Beth-Endurance
28 9:15-Lynsey- Ins Choice	29 9:15-Lynsey 4:45- Amy 6-Amy N- Strength	30 6:15-Garrett 9:15-Valerie 6-Krista F-Fat Burn1				

2230 GRANDVIEW DRIVE - FT. MITCHELL, KY 41017 - 859-344-9995

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 yellow towel.