

Better Bodies Group Exercise / Spin

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15am Spin		6:15am Spin			
					8:15am Spin	
9:00am Rotating Class	9:00am Cardio & Strength	9:00am Mat Pilates	9:00am Jamz	9:00am 20 / 20 / 20	9:00am Rotating Class	9:15am Rotating Class
9:15am Spin	9:15am Spin	9:15am Spin	9:15am Spin	9:15am Spin	9:30am Spin	9:15am Spin
10:15am BS / Abs			10:15am Kick Azz	10:15am BS / Barre		
						10:30am Yoga
4:45pm Spin	4:30pm Pilates Fusion					
4:45pm BS/Barre		4:45pm Spin				
5:45pm Yoga	5:45pm Cardio & Strength		5:45pm Yoga			
	6:00pm Spin	6:00pm Kick Azz				
6:50pm Jamz						