Better Bodies Group Exercise / Spin

November 2026

Please note: 11/3 NO 6pm spin class | 11/25 ONLY 9am and 9:15am classes
11/26 ONLY 9am and 9:15am classes | 11/27 NO 10:15am barre class | 11/28 NO 8:15am spin class

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						