

November

GROUP EX



BETTER BODIES™

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