

November

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

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

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 up 10