

JANUARY

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HAPPY NEW YEAR!	2 8:30-CT/ABS- Geri
3 9:30-20/20/20- Molly 10:30-Yoga-Valerie	4 9-BOSU/CT-Jennifer 10:15-BS/ABS-Marcella 5:45-Yoga- Geri	5 9-Cardio Pump- Terry 4:30-PIYO-Stephanie 5:45-Kick BX/Strength- Nell	6 9-Mat Pilates-Jamie 10:15-Tabata- Stephanie 6:30-Kick Azz- Krista	7 9-Jamz- Molly 10:15-Kick Azz- Terry 5:45-Yoga- Diane	8 9-ST/CT- Jennifer	9 8:30-20/20/20- Molly
10 9:30-Tabata- Stephanie 10:30-Yoga- Diane	11 9-BOSU/CT- Molly 10:15-BS/Abs-Terry 5:45-Yoga- Geri 6:50-Jamz- Karen	12 9-Cardio Pump=Jennifer 4:30-PIYO-Stephanie 5:45-Turbo Kick- Lisa	13 9-Mat Pilates- Jamie 10:15-Tabata-Jennifer 6:30-Kick Azz- Krista	14 9-Jamz Plus- Helen 10:15-Kick Azz- Molly 5:45-Yoga- Diane	15 9-ST/CT- Terry	16 8:30-Turbo Kick- Lisa
17 9:30-Jamz- Karen 10:30-Yoga- Stephanie	18 9-BOSU/CT-Jennifer 10:15-BS/Abs- Terry 5: 45-Yoga- Geri 6:50-Jamz- Karen	19 9-Cardio Pump- Terry 4:30-PIYO- Stephanie 5:45-Tabata- Nell	20 9-Mat Pilates- Stephanie 10:15-Kick BX/Strength Nell 6:30-Kick Azz- Krista	21 9-Jamz- Molly 10:15-Kick Azz- Jennifer 5:45-Yoga- Diane	22 9-ST/CT- Jennifer 10:15-Stretch/ Strengthen- Dee	23 8:30-20/20/20- Molly
24 9:30-Tabata- Stephanie 10:30-Yoga-Valerie ----- 31 9:30-Jamz- Karen 10:30-Yoga- Diane	25 9-BOSU/CT- Molly 10:15-BS/Abs- Terry 5:45-Yoga- Geri 6:50-Jamz- Karen	26 9-Cardio Pump-Jennifer 4:30-PIYO- Stephanie 5:45-Turbo Kick- Lisa	27 9-Mat Pilates-Jamie 10:15-Tabata- Nell 6:30-Kick Azz- Krista	28 9-Jamz Plus- Helen 10:15-Kick Azz-Marcella 5:45-Yoga- Diane	29 9-ST/CT- Terry 10:15-Stretch/ Strengthen-Dee	30 8:30-Turbo Kick- Lisa