

May

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15-Kick Azz- Karen 10:30-Yoga- Diane	3 9-BOSU/CT- Jennifer 10:15-BS/Abs- Terry 4:30-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	4 9-Cardio Pump- Terry 4:30-PIYO- Stephanie 5:45-Kick BX/Strength- Nell	5 9-Mat Pilates- Jamie 10:15-Tabata- Molly 6:30-Kick Azz- Krista	6 9-Jamz- Genevieve 10:15-Kick Azz- Marcella 5:45-Yoga- Diane	7 9-ST/CT-Jennifer 10:15-Stretch/ Strengthen- Dee	1st and 8th 1st 8:30-20/20/20- Molly 8th 8:30-Jamz Plus- Helen
9 9:15-20/20/20- Molly 10:30-Yoga- Erin HAPPY MOTHER'S DAY! Welcome Erin!	10 9-BOSU/CT- Molly 10:15-BS/Abs- Dan 4:30-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Brandy	11 9-Cardio Pump- Terry 4:30-PIYO- Stephanie 5:45-Ripped- Krista	12 9-Mat Pilates-Jamie 10:15-Tabata- Nell 6:30-Kick Azz- Krista	13 9-Jamz- Genevieve 10:15-Kick Azz-Jennifer 5:45-Yoga- Diane	14 9-ST/CT- Molly 10:15-Stretch/ Strengthen- Dee	15 8:30-Ripped- Genevieve
16 9:15-Jamz- Brandy 10:30-Yoga- Erin	17 9-BOSU/CT- Jennifer 10:15-BS/Abs- Marcella 4:30-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	18 9-Cardio Pump- Jennifer 4:30-PIYO- Stephanie 5:45-Tabata- Nell	19 9-Mat Pilates- Jamie 10:15-Kick BX- Strength- Nell 6:30-Kick Azz- Krista	20 9-Jamz- Genevieve 10:15-Kick Azz- Terry 5:45-Yoga- Diane	21 9-ST/CT- Terry 10:15-Stretch/ Strengthen- Dee	22 8:30-20/20/20- Molly
23 9:15-BS/ABS- Karen 10:30-Yoga- Erin	24 9-BOSU/CT- Molly 10:15-BS/Abs- Terry 4:30-Tabata- Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	25 9-Tabata- Jennifer 4:30-PIYO- Stephanie 5:45-Kick BX/Strength- Nell	26 9-Mat Pilates-Jamie 10:15-20/20/20- Molly 6:30-Kick Azz- Krista	27 9-Jamz- Genevieve 10:15-Kick Azz- Terry 5:45-Yoga- Geri	28 9-ST/CT-Jennifer 10:15-Stretch/ Strengthen- Dee	29 8:30-CT/ABS- Geri
30 9:15-Jamz- Brandy 10:30-Yoga- Diane	31 9-Tabata- Molly HAPPY MEMORIAL DAY!					