

July

GROUP EX



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

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