

July

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesnky.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6:15--Valerie 9:15--Marcella- Strength	2 9:15--Julia-- Endurance	3 8:15--Stephanie 9:30--Tina- Interval
4 9:15--Beth- Ins. Choice	5 6:15--Beth 9:15--Lynsey 4:45--Krista 6--Tina- Interval	6 6:15--Garrett 9:15--Dan- Strength 6--Krista F- Fat Burn1	7 9:15--Krista 4:45--Amy--Ins Choice	8 6:15--Amy 9:15--Julia--Interval	9 9:15--Valerie-- Endurance	10 8:15--Stephanie 9:30--Lynsey-- Strength
11 9:15--Krista- Ins Choice	12 6:15--Beth 9:15--Krista 4:45--Valerie 6--Amy--Endurance	13 6:15--Garrett 9:15--Dan--Interval 6--Tina- Fat Burn1	14 9:15--Julia 4:45--Beth- Endurance	15 6:15-- Valerie 9:15--Lynsey --Strength	16 9:15--Amy- Strength	17 8:15--Stephanie 9:30--Krista - Endurance
18 9:15--Amy -Ins Choice	19 6:15--Amy 9:15--Lynsey 4:45--Krista 6--Tna- Ins. Choice	20 6:15--Garrett 9:15--Marcella--Interval 6--Tina- Fat Burn1	21 9:15--Krista 4:45--Beth- Strength	22 6:15-- Amy 9:15--Julia-- Endurance	23 9:15--Molly--Interval	24 8:15--Stephanie 9:30--Beth- Strength
25 9:15--Lynsey- Ins Choice	26 6:15--Amy 9:15--Krista 4:45--Tina 6--Tina- Strength	27 6:15--Garrett 9:15--Beth- Endurance 6--Krista F-- Fat Burn!	28 9:15--Julia 4:45--Krista- Ins Choice	29 6:15-- Valerie 9:15--Lynsey- Interval	30 9:15--Jennifer-- Ins Choice	31 8:15--Stephanie 9:30--Amy-- Endurance
<p>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 minutes prior to class. Wipe down your bike after class with a green towel.</p>						