

June

GROUP EX



BETTER BODIES™

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:55-20/20/20-Molly 9-Jamz- Karen 10:05-Kick Azz- Krista
2 9:05-Ripped-Alexis 10:05-Easy Yoga 11-Yoga-Maggie	3 9-BOSU/CT- Jo Ann 10:10-BS/Abs- Ali 4:40-Tabata- Susan 5:45-Yoga-Geri 6:50-Jamz-Karen	4 9-Cardio Pump- Jennifer 4:40-PIYO-Stephanie 5:45-Kick BX/Strength- Nell 7:05-Barre- Morgan	5 6- Bootcamp- Nell 9-Mat Pilates- Jamie 10:10-CT- Jennifer 6:30-Kick Azz-Krista	6 9-Jamz- Petra 10:10-Kick Azz-Molly 4:40-Tabata- Nell 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	7 9-ST/CT- Jo Ann 10:10-Barre- Morgan	8 7:55-20/20/20- Molly 9-BOSU/Tabata- Valerie 10:05-Kick Azz- Geri
9 9:15-Cage Fitness- Shannon 10:05-Easy Yoga 11-Yoga- Maggie	10 9-BOSU/CT-Valerie 10:10-BS/Abs- Terry 4:40-Tabata-Susan 5:45-Yoga- Tina 6:50-Jamz- Karen	11 9-Cardio Pump-Terry 4:40-PIYO-Stephanie 5:45-Turbo Kick-Kelly S 7:05-Barre-Morgan	12 6-Kick BX/Strength- Nell 9-Mat Pilates- Jamie 10:10-Tabata/Core- Jennifer 6:30-Kick Azz- Geri	13 9-Jamz- Petra 10:10-Kick Azz- Jennifer 4:40-Tabata- Susan 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	14 9-ST/CT- Jennifer 10:10-Yoga- Jamie	15 7:55-20/20/20- Ali 9-PIYO- Stephanie 10:05-Kick Azz- Dan
16 9:05-Jamz- Karen 10:05-Easy Yoga 11-Yoga- Tina	17 9-BOSU/CT- Molly 10:10-BS/Abs- Ali 4:40-Tabata-Susan 5:45-Yoga- Geri 6:50-Jamz- Karen	18 9-Cardio Pump- Jennifer 4:40-PIYO- Lisa 5:45-Turbo Kick- Lisa 7:05-Barre- Morgan	19 6-Tabata/Lift- Alexis 9-Mat Pilates- Jamie 10:10-CT- Jennifer 6:30-Kick Azz-Krista	20 9-Jamz- Petra 10:10-Kick AZZ- Molly 4:40-Tabata- Susan 5:45-Yoga- Maggie 7:00-Cage Fitness- Shannon	21 9-ST/CT- Terry 10:10-Barre- Dee	22 7:55-20/20/20-Molly 9-Jamz- Petra 10:05-Kick Azz- Dan
23 9:05-20/20/20- Molly No Yoga Today ----- 30 9:05-Turbo Kick- Lisa 10:05-Easy Yoga 11-Yoga- Tina	24 9-BOSU/CT- Molly 10:10-BS/Abs- Marcella 4:40-ST/CT- Terry 5:45-Yoga-Valerie 6:50-Jamz- Petra	25 9-Cardio Pump-Terry 4:40-PIYO- Lisa 5:45-Core De Force- Krista 7:05-Barre- Sara	26 6-Ripped- Alexis 9-Mat Pilates- Jamie 10:10-Turbo Kick- Lisa 6:30-Kick Azz- Krista	27 9-Jamz- Petra 10:10-Kick Azz- Terry 4:40-Tabata- Nell 5:45-Yoga- Tina 7:00-Cage Fitness- Shannon	28 9-ST/CT-Jennifer 10:10-Yoga- Jamie	29 7:55-20/20/20- Molly 9-Core De Force- Alexis 10:05-Kick Azz- Nell