

June

SPINNING



BETTER BODIES

859-344-9995 www.betterbodiesny.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:15-Shannon 9:15-Lynsey-Strength
2 9:00-Amy- Ins Choice	3 5:45-Amy 9:15-Julia 4:45-Lynsey 6-Mary- Strength	4 6:15-Garrett 9:15-Beth-Strength 5:45-Tina-Fat Burn1	5 9:15-Leah 4:45-Valerie 6-Tina- Ins Choice	6 6-Valerie 9:15-Julia-Interval 5:45-Shannon- Strength	7 5:45-Alexis-Spin/Lift 9:15-Leah- Endurance	8 8:15-Stephanie 9:15-Andy- Strength
9 9:00-Lynsey- Ins Choice	10 5:45-Amy 9:15-Shannon 4:45-Lynsey 6-Mary- Strength	11 6:15-Garrett 9:15-Beth- Endurance 5:45-Tina- Fat Burn1	12 9:15-Leah 4:45-Amy 6-Shannon- Interval	13 6-Valerie 9:15-Julia -Ins Choice 5:45-Tina-Endurance	14 5:45-Andy 9:15-Valerie- Strength	15 8:15-Stephanie 9:15-Dan -Endurance
16 9:00-Julia- Ins Choice	17 5:45-Amy 9:15-Valerie 4:45-Lynsey 6-Mary- Ins. Choice	18 6:15-Andy 9:15-Beth-Interval 5:45-Tina-Fat Burn1	19 9:15-Leah 4:45-Amy 6-Tina-Endurance	20 6-Valerie 9:15-Marcella- Ins Choice 5:45-Amy- Strength	21 5:45-Alexis-Spin/Lift 9:15-Dan- Interval	22 8:15-Stephanie 9:15-Tina-Strength
23 9:00-Andy-Ins Choice ----- 30 9:00-Beth-Ins Choice	24 5:45-Andy 9:15-Julia 4:45-Tina 6-Mary- Endurance	25 6:15-Garrett 9:15-Molly-Strength 5:45-Tina-Fat Burn1	26 9:15-Leah 4:45-Valerie 6-Shannon- Ins Choice	27 6-Valerie 9:15-Julia- Interval 5:45-Shannon- Strength	28 5:45-Beth 9:15-Leah- Strength	29 8:15-Stephanie 9:15-Shannon-Interval

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.

2230 Grandview Dr, Ft. Mitchell KY 41017