

March

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BETTER BODIES

GROUP EX

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:05-20/20/20--Molly 10:10-Easy Yoga--Diane	2 9-BOSU/CT-- Valerie 10:10-BS/Abs--Marcella 4:40-Tabata-- Susan 5:45-Yoga-- Maggie 6:50-Jamz-- Karen	3 9-Cardio Pump-- Molly 4:40-PIYO--Stephanie 5:45-Tabata-- Stephanie	4 9-Mat Pilates-- Jamie 10:10-Tabata/Barre-- Jennifer 4:40-Adult Beg. Ballet Morgan 6:30-Kick Azz-- Krista	5 9-Jamz-- Brandy 10:10-Kick Azz-- Jennifer 4:40-Cardio Pump-- Terry 5:45-Yoga-- Geri 7:00-Cage Fitness-- Shannon	6 9-ST/Pilates-Jennifer 10:10-Stretch/Strength-- Dee	7 7:55-20/20/20-- Molly 9-Turbo Kick-- Ali 10:05-Kick Azz-- Dan
8 9:05-Core De Force-- Alexis 10:10-Easy Yoga-- Maggie	9 9-BOSU/CT-- Molly 10:10-BS/Abs-- Terry 4:40-Turbo Kick-- Ali 5:45-Yoga-- Geri 6:50-Jamz-- Brandy	10 9-Tabata-- Molly 4:40-PIYO-- Lisa 5:45-Turbo Kick-- Lisa	11 9-Mat Pilates-- Jamie 10:10-20/20/20-- Jo Ann 4:40-Adult Beg. Ballet Morgan 6:30-Kick Azz-- Krista	12 9-Jamz-- Brandy 10:10-Kick Azz-- Terry 4:40-Tabata-- Susan 5:45--Yoga-- Diane 7:00-Cage Fitness-- Shannon	13 9-ST/CT-- Terry 10:10-Stretch/Strength-- Dee	14 7:55-Tabata/BOSU-- Valerie 9-CT/Abs-- Dan 10:05-Kick Azz-- Marcella
15 9:05-Tabata-- Molly 10:10-Easy Yoga-- Valerie	16 9-BOSU/CT-- Valerie 10:10-BS/Abs--Molly 4:40-Tabata-- Susan 5:45-Yoga-- Geri 6:50-Jamz-- Karen	17 9-Cardio Pump-- Terry 4:40-PIYO-- Lisa 5:45-Turbo Kick-- Lisa	18 9-Mat Pilates-- Jamie 10:10-Tabata/Barre-- Jennifer 4:40-Adult Beg. Ballet Morgan 6:30-Kick Azz-- Krista	19 9-Jamz-- Brandy 10:10-Kick Azz--Marcella 4:40-CT/ABS-- Geri 5:45-Yoga-- Diane 7:00-Cage Fitness-- Shannon	20 9-ST/Pilates-Jennifer 10:10-Stretch/Strength-- Dee	21 7:55-20/20/20-- Ali 9-Ripped-- Alexis 10:05-Kick Azz-- Geri
22 9:05--Turbo Kick-- Lisa 10:10-Easy Yoga-- Maggie	23 9-BOSU/CT-- Jo Ann 10:10-BS/Abs--Marcella 4:40--Turbo Kick-- Ali 5:45-Yoga-- Diane 6:50-Jamz-- Karen	24 9-Cardio Pump--Jennifer 4:40-PIYO--Stephanie 5:45-Tabata/Lift-- Molly	25 9-Mat Pilates--Jamie 10:10-20/20/20-- Jo Ann 4:40-Adult Beg. Ballet Morgan 6:30-Kick Azz-- Krista	26 9-Jamz-- Brandy 10:10-Kick Azz-- Molly 4:40-Tabata-- Susan 5:45-Yoga-- Geri 7:00-Cage Fitness-- Shannon	27 9-ST/CT-- Molly 10:10-Barre/Stretch-- Morgan	28 7:55-Tabata/Lift-- Valerie 9-Jamz-- Brandy 10:05-Kick Azz-- Dan
29 9:05-Jamz-- Karen 10:10-Easy Yoga-- Stephanie	30 9-BOSU/CT-- Molly 10:10-BS/Abs-- Terry 4:40-Tabata-- Susan 5:45-Yoga-- Geri 6:50-Jamz-- Karen	31 9-Tabata-- Molly 4:40-PIYO--Stephanie 5:45-Tabata--Stephanie				