

Monday		Wednesday	Thursday	Friday	Saturday
6:00 a.m. GET'N GEAR TERESA	set up time=8:00 start time=8:10-8:15 X-Fit JAN 8:30-9:00 Power Spin RHONDA 9:00-9:45 Yoga 9:45 PILATES CORE JAN	6:00 a.m. GET'N GEAR TERESA	6:00 a.m. GET'N GEAR TERESA	6:00 a.m. GET'N GEAR TERESA	8:00-8:30 POWER SPIN KATHY
8:15 a.m. STRONG JAN		8:15-8:45 Strength Shaping 8:45-9:00 Core Concepts Rhonda	8:15-8:45 X-Fit JAN	8:15 a.m. STRONG RHONDA	
9:15-10:00 ZUMBA RHONDA		9:15-10:00 Zumba Rhonda	8:30-9:00 Power Spin RHONDA	9:15-10:00 ZUMBA RHONDA	8:30-9:15 CARDIO JAM! CAROLYN/KATHY
9:15 Power Spin Jan		9:15 POWER SPIN JAN	9:00-9:45 Yoga 9:45 PILATES CORE JAN	9:00-9:45 Yoga 9:45 PILATES CORE JAN	9:15 Power Spin Jan
	5:15-6:00 Zumba Rhonda	4:30 X-Fit Jan	5:15-6:00 Zumba Rhonda	4:30 GET'N GEAR Sonia	
5:15-6:00 Strong CAROLYN	6:00 Power Spin EVE	5:15-6:00 Yoga Eve	6:00 Power Spin Eve		
5:15-6:00 Get-n-Gear Eve	6:30 X-Fit Missy	5:15 Get-N-Gear Missy	6:30 X-Fit EVE		
6:00 Zumba Carolyn		6:00-6:45 Zumba 6:45-7:00 Core Concepts Carolyn			
				Better Bodies 140 e Woodlawn Dr Leadington. MO 63601 573-518-1348	
				*Classes are 45 minutes long unless otherwise noted *most classes have 5-10 min. of ab work	