November

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
1 **DAYLIGHT SAVINGS** **9:00am -FIT & SPIN** Jen **9am HIIT** Parker	2 **6:00am CARDIO PUMP ABS** Jen **8:00am - Power Barre** Kelly **9:30am - HIIT The Step** Christine **9:30am - Fit & Spin** Jen **5:00pm - Yoga** Heather **6:00pm - HIIT Core & More** Missy **6:00pm - Fit & Spin** Mark	3 **6:00am - Cross Cond & HIIT** Mike **8:30am - Tone, Strength & Abs** Jim **9:30am - Vinyasa Yoga** Lisa (45min) **9:30am - Spin &** Barre Christine **10:15am - Iron Pump** Mike (45min) **6:00pm - Pump** Missy **6:00pm Bike & Abs** Mark	4 **6:00am - Bootcamp** "T" **8:00am - Power Barre** Kelly **9:30am - Cardio Blast** Christine **9:30am - Fit & Spin** Jen **5:00pm - SPIN & SCULPT** Mark **6:00pm - HIIT TRX & Core** Kelly	5 **6:00am - HIIT** Jen (45min) **8:30am - Body Basics** Sherry **Bust Butt BC** Christine (45min) **9:30am - 10:15 Spin** 10:15-10:30 SCULPT Jen **10:30am Stretch & Restore** Christine (30min) **5:00pm - Dance Fitness** Missy **6:00pm FIT & SPIN** Bridgette	6 **6am SPIN & CORE** **Mike L** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - Fit & Spin** **Jen**	7 **8:00am Barre (spin room)** **Kelly** **9:00am - Spin** Kelly **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Missy
8 **9:00am -FIT & SPIN** Bridgette **9am HIIT** Garrie	9 **6:00am CARDIO PUMP ABS** Mike L **8:00am - Power Barre** Jen **9:30am - HIIT The Step** Christine **9:30am - Fit & Spin** Jen **5:00pm - Yoga** Heather **6:00pm - HIIT Core & More** Missy **6:00pm - Fit & Spin** Mark	**10** **6:00am - Cross Cond. & HIIT** Mike **8:30am - Tone, Strength & Abs** Jim **9:30am - Vinyasa Yoga** Kelly (45min) **9:30am - Spin &** Barre Christine **10:15am - Iron Pump** Mike (45min) **6:00pm - Pump** **Missy** **6:00pm Bike & Abs** **Mark**	**11** **6:00am - Bootcamp** "T" **8:00am - Power Barre** Kelly **9:30am - Cardio Blast** Christine **9:30am - Fit & Spin** Jen **5:00pm - SPIN & SCULPT** Bridgette **6:00pm - HIIT TRX & Core** Kelly	**12** **6:00am - HIIT** Jen (45min) **8:30am - Body Basics** Sherry **Bust Butt BC** Christine (45min) **9:30am - 10:15 Spin** 10:15-10:30 SCULPT Jen **10:30am Stretch & Restore** Christine (30min) **5:00pm - Dance Fitness** Missy **6:00pm FIT & SPIN** Garrie	**13** **6am SPIN & CORE** **Mike L** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - Fit & Spin** **Jen**	14 **8:00am Barre (spin room)** Kelly **9:00am - Spin** Anna **9:00am - Iron Pump Plus** Jim **SPECIALTY CLASS** **10:15am - DRUMS ALIVE** Kelly
15 **9:00am -FIT & SPIN** Anna **9am HIIT** Bridgette	16 **6:00am CARDIO PUMP ABS** Mike L **8:00am - Power Barre** Jen **9:30am - HIIT The Step** Christine **9:30am - Fit & Spin** Jen **5:00pm - Yoga** Heather **6:00pm - HIIT Core & More** Missy **6:00pm - Fit & Spin** Mark	17 **6:00am - Cross Cond & HIIT** Mike **8:30am - Tone, Strength & Abs** Jim **9:30am - Vinyasa Yoga** Lisa (45min) **9:30am - Spin &** Barre Christine **10:15am - Iron Pump** Mike (45min) **5PM DRUMS ALIVE Missy** **6:00pm - Pump** Missy **6:00pm Bike & Abs** Mark	18 **6:00am - Bootcamp** "T" **8:00am - Power Barre** Kelly **9:30am - Cardio Blast** Christine **9:30am - Fit & Spin** Jen **5:00pm - SPIN & SCULPT** Bridgette **6:00pm - HIIT TRX & Core** Parker	19 **6:00am - HIIT** Jen (45min) **8:30am - Body Basics** Sherry **9:30am - Bust Butt BC** Christine (45min) **9:30am -10:15 Spin** 10:15-10:30 SCULPT Jen **10:30am Stretch & Restore** Christine (30min) **5:00pm - Dance Fitness** Missy **6:00pm FIT & SPIN** Mark	20 **6am SPIN & CORE Mike L** **8:30am - Yoga Kelly** (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - Fit & Spin** **Jen**	21 **8:00am Barre (spin room)** **Kelly** **9:00am - Spin** Anna **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Kelly
22 **9:00am - FIT & SPIN** Mark **9am HIIT** Garrie	23 **6:00am CARDIO PUMP ABS** Mike L **8:00am - Power Barre** Jen **9:30am - HIIT The Step** Christine **9:30am -BIKE & BINGO** Jen **5:00pm - Yoga** Heather **6:00pm - HIIT Core & More** Missy **6:00pm - Fit & Spin** Mark	24 **6:00am - Cross Cond. & HIIT** Mike **8:30am - Tone, Strength & Abs** Jim **9:30am - Vinyasa Yoga** Kelly (45min) **9:30am - Spin & Barre** Christine **10:15am - Iron Pump** Mike (45min) **6:00pm - Pump** Missy **6:00pm Bike & Abs** Mark	25 **6:00am - Bootcamp** Mike L **8:00am - Power Barre** Kelly **9:30am - DRUMS ALIVE** Christine **9:30am - Fit & Spin** Jen **5:00pm - SPIN & SCULPT** Bridgette **6:00pm - HIIT TRX & Core** Kelly	26 **9am PRE BURN SPIN CLASS WITH JEN** **HAPPY THANKSGIVING** **CLUB HOURS 7am-noon**	27 **6am NO CLASS** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - BINGO & BIKE & BUBBLES Jen**	28 **8:00am Barre (spin room)** **Kelly** **9:00am - Spin** Kelly **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Missy
29 **9:00am - FIT & SPIN** Missy **9am HIIT** Garrie	30 **6:00am CARDIO PUMP ABS** Mike L **8:00am - Power Barre** Jen **9:30am - HIIT The Step** Christine **9:30am - Fit & Spin** Jen **5:00pm - Yoga** Heather **6:00pm - HIIT Core & More** Missy **6:00pm - Fit & Spin** Mark					