

APRIL

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
			<p>1</p> <p>6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen</p> <p>6:00pm - SPIN &amp; SCULPT Charlene 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>2</p> <p>6:00am - HIIT Mike L(45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine(45min) 9:30am - 10:15 Spin 10:15-10:30 SCULPT Mark 10:30am Stretch &amp; Restore Christine (30min)</p> <p>5:00pm - Dance Fitness Elise 6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>	<p>3</p> <p>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Mark</p>	<p>4</p> <p>8:00am Barre (spin room) Kelly 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly</p>
<p>5</p> <p>Happy Easter Club Closed</p>	<p>6</p> <p>6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Kelly 9:30am - Fit &amp; Spin Mark</p> <p>5:00pm - Yoga Lisa 6:00pm - HIIT Core &amp; More Mike L 6:00pm - Fit &amp; Spin Mark</p>	<p>7</p> <p>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Keith (45min) 9:30am - Spin &amp; Barre Kelli 10:15am - Iron Pump Mike (45min)</p> <p>6:00pm - Pump Kelly 6:00pm Bike &amp; Abs Mark</p>	<p>8</p> <p>6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Kelly 9:30am - Fit &amp; Spin Mark</p> <p>6:00pm - SPIN &amp; SCULPT Charlene 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>9</p> <p>6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry Bust Butt BC Keith (45min) 9:30am - 10:15 Spin 10:15-10:30 SCULPT Mark 10:30am NO CLASS</p> <p>5:00pm - Dance Fitness Charlene 6:00pm - SPIN &amp; PUMP Anna (45min spin 15 min pump)</p>	<p>10</p> <p>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly(downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Kelli</p>	<p>11</p> <p>8:00am Barre (spin room) Kelly 9:00am - Spin Kelly 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Missy</p>
<p>12</p> <p>9:00am -FIT &amp; SPIN Anna 9am HIIT Mike L</p>	<p>13</p> <p>6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen</p> <p>5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</p>	<p>14</p> <p>6:00am - Cross Cond &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Lisa (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min)</p> <p>SPM DRUMS ALIVE Missy 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Elise</p>	<p>15</p> <p>6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen</p> <p>6:00pm - SPIN &amp; SCULPT Charlene 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>16</p> <p>6:00am - HIIT Mike L (45min) 8:30am - Body Basics Kelli 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch &amp; Restore Christine (30min)</p> <p>5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Anna (45min spin 15 min pump)</p>	<p>17</p> <p>6am SPIN &amp; CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Mark</p>	<p>18</p> <p>8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>19</p> <p>9:00am - FIT &amp; SPIN Mike L 9am HIIT Jen</p>	<p>20</p> <p>6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelly 9:30am - HIIT The Step Christine 9:30am -BIKE &amp; BINGO Jen</p> <p>5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</p>	<p>21</p> <p>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Keith (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min)</p> <p>6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>22</p> <p>6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen</p> <p>6:00pm - SPIN &amp; SCULPT Charlene 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>23</p> <p>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 &amp; Restore Christine (30 min)</p> <p>5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>	<p>24</p> <p>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - BIKE &amp; BUBBLES Jen</p>	<p>25</p> <p>8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly</p>
<p>26</p> <p>9:00am - FIT &amp; SPIN Mark 9am HIIT Jen</p>	<p>27</p> <p>6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen</p> <p>5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</p>	<p>28</p> <p>6:00am - Cross Cond &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Kelli 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min)</p> <p>6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>29</p> <p>6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen</p> <p>6:00pm - SPIN &amp; SCULPT Charlene 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>30</p> <p>6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch &amp; Restore Christine (30min)</p> <p>5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>		

