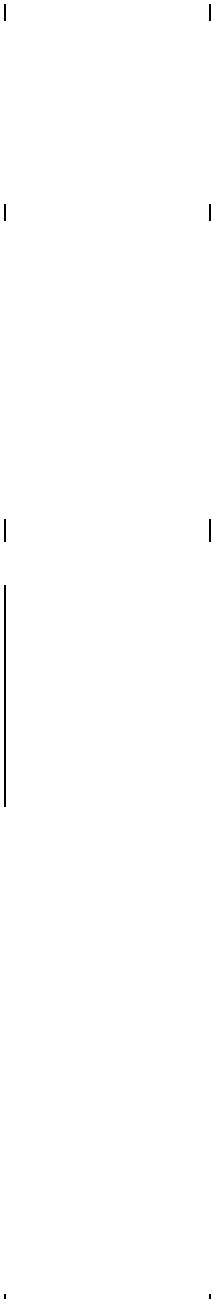
JUNE '24

⁂ = Specialty Class | ◊ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
***WEATHER POLICY QUEEN ANNES COUNTY SCHOOL DELAYS & CLOSINGS *AM CLASSES BEFORE 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR AQUA CLASSES REMAIN ON TIME**						1 **8:00am - Bootcamp** Christine **8:00am - Barre/Sculpt** Kelly (Upstairs) **9:00am - Spin** Mark **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Damaris
2 **9:00am -FIT & SPIN** Damaris **9am HIIT** Mike L	3 **6:00am HIIT** Mike **7:30am - Power Barre** Jonathan **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** Mike L	4 **6:00am - Cross Cond. & HIIT** Mike **8:30am - Tone, Strength & Abs** Jim **9:30am - Vinyasa Yoga** Carol (45min) **9:30am - Spin &** Barre Christine **10:15am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Damaris **6:00pm - Pump** Missy **6:00pm Bike & Abs** **Damaris**	5 **6:00am - Bootcamp** Mike L **7:30am - Power Barre** Jonathan **9:30am - Cardio Blast** Christine **9:30am - Fit & Spin** Jen **5:00pm -CORE & RESTORE** Christine **6:00pm - HIIT TRX & Core** Kelly	6 **6:00am - S,C,F with TRX** "T" (45 min) **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 & Restore** Christine(30min) **10:30am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Missy **6:00pm - Fit & Spin** Mark **6pm PUMP Damaris**	7 **6am SPIN & CORE Mike L** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - Fit & Spin** **Christine**	8 **8:00am - Bootcamp** Mike **8:00am - Barre/Sculpt** Kelly(Upstairs) **9:00am - Spin** Missy **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Elise
9 **9:00am -FIT & SPIN** Damaris **9am HIIT** Mike L	10 **6:00am HIIT** Mike L **7:30am - Power Barre** Jonathan **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** Damaris	11 **6:00am - Cross Cond & HIIT** Mike **8:30am - Tone, Strength & Abs** Jim **9:30am - Vinyasa Yoga** Carol (45min) **9:30am - Spin &** Barre Kelli **10:15am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Damaris **6:00pm - Pump** Missy **6:00pm Bike & Abs** **Mark**	12 **6:00am - Bootcamp** "T" **7:30am - Power Barre** Jonathan **9:30am - Cardio Blast** Jen **9:30am - Fit & Spin** Mark **5:00pm -CORE & RESTORE** Kelly **6:00pm - HIIT TRX & Core** Kelly	13 **6:00am - S,C,F with TRX** Mike L (45min) **8:30am - Body Basics** Sherry **9:30am - Bust Butt BC** Mike **9:30am -10:15 Spin** 10:15-10:30 SCULPT Mark **10:30am Stretch & Restore** NO CLASS (30min) **10:30am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Missy **6:00pm - Fit & Spin** Kelli **6pm PUMP Damaris**	14 **6am SPIN & CORE Damaris** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - Fit & Spin** **Christine**	15 **8:00am - Bootcamp** Christine **8:00am - Barre/Sculpt** Kelly (Upstairs) **9:00am - Spin** Mike L **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Damaris
16 **9:00am - FIT & SPIN** Mark **9am HIIT** Mike L **Happy Father's Day**	17 **6:00am HIIT** Mike **7:30am - Power Barre** Jonathan **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** Mike L	18 **6:00am - Cross Cond. & HIIT** Mike **8:30am - Tone, Strength &** Abs Jim **9:30am - Vinyasa Yoga** Carol (45min) **9:30am - Spin & Barre** Christine **10:15am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Damaris **6:00pm - Pump** Missy **6:00pm Bike & Abs** **Mark**	19 **6:00am - Bootcamp** "T" **7:30am - Power Barre** Jonathan **9:30am - Cardio Blast** Christine **9:30am - Fit & Spin** Jen **5:00pm -CORE & RESTORE** Kelly **6:00pm - HIIT TRX & Core** **Kelly**	20 **6:00am - S,C,F with TRX** Mike L (45min) **8:30am - Body Basics** Kelli **9:30am - Bust Butt BC** Mike **9:30am -10:15 Spin** 10:15-10:30 SCULPT Kelli **10:30am Stretch & Restore** NO CLASS (30min) **10:30am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Missy **6:00pm - Fit & Spin** Mark **6pm PUMP Damaris**	21 **6am SPIN & CORE Mike L** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - Fit & Spin** **Jen**	22 **8:00am - Bootcamp** Mike **8:00am - Barre/Sculpt** Kelly (Upstairs) **9:00am - Spin** Mark **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Missy
23 **9:00am - FIT & SPIN** Mark **9am HIIT** Elise 30 **9:00am - FIT & SPIN** Damaris **9am HIIT** Elise	**24** **6:00am HIIT** "T" **7:30am - Power Barre** Kelli **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** Damaris	**25** **6:00am - Cross Cond. & HIIT** Mike **8:30am - Tone, Strength &** **Abs Jim** **9:30am - Vinyasa Yoga** Carol (45min) **9:30am - Spin & Barre** Christine **10:15am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Damaris **6:00pm - Pump** Missy **6:00pm Bike & Abs** **Mark**	26 **6:00am - Bootcamp** Mike **7:30am - Power Barre** Jonathan **9:30am - Cardio Blast** Christine **9:30am - Fit & Spin** Jen **5:00pm -CORE & RESTORE** Christine **6:00pm - HIIT TRX & Core** **Kelly**	27 **6:00am - S,C,F with TRX** Mike L (45min) **8:30am - Body Basics** Sherry **9:30am - Bust Butt BC** Christine **9:30am -10:15 Spin** 10:15-10:30 SCULPT Kelli **10:30am Stretch & Restore** Christine (30min) **10:30am - Iron Pump** Mike (45min) **5:00pm - Dance Fitness** Missy **6:00pm - Fit & Spin** Mark **6pm PUMP Damaris**	28 **6am SPIN & CORE Mike L** **8:30am - Yoga** Kelly (downstairs) **9:30am - HIIT Core & More** Kelly **9:30am - BIKE & BUBBLES** **Christine**	29 **8:00am - Bootcamp** Mike **8:00am - Barre/Sculpt** Kelly (Upstairs) **9:00am - Spin** Mike L **9:00am - Iron Pump Plus** Jim **10:15am - Dance Fitness** Damaris