

JUNE '23

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<p>*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</p>				<p>1 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 Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Jonathan 6pm PUMP Damaris</p>	<p>2 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>3 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Missy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
	<p>4 9:00am - FIT & SPIN Elise 9am HIIT Mike L</p>	<p>5 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</p>	<p>6 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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 Mike L</p>	<p>7 6:00am - Bootcamp Mike L 7:30am - Power Barre Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kelli 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly</p>	<p>8 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Jen *9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Mark 6pm PUMP Damaris</p>	<p>9 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen</p>
<p>11 9:00am - FIT & SPIN Mark 9am HIIT Mike L</p>	<p>12 6:00am HIIT Mike 7:30am - Power Barre Kelly 9:30am - HIIT The Step Jonathan (45min) 9:30am - Fit & Spin Kelli 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L</p>	<p>13 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Jonathan (45min) 9:30am - Spin & Barre Jen 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</p>	<p>14 6:00am - Bootcamp "T" 7:30am - Power Barre Jonathan 9:30am - Cardio Blast Jen 9:30am - Fit & Spin Mark 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly</p>	<p>15 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Jen (45min) *9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Mark 6pm PUMP Damaris</p>	<p>16 6am SPIN & CORE Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>17 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</p>
<p>18 HAPPY FATHER'S DAY 9:00am - FIT & SPIN Damaris 9am HIIT Mike L</p>	<p>19 6:00am HIIT "T" 7:30am - 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</p>	<p>20 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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 Mike L</p>	<p>21 6:00am - Bootcamp "T" 7:30am - Power Barre Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Mark 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly</p>	<p>22 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Jim 9:30am - Bust Butt BC Christine *9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Damaris 6pm PUMP Jen</p>	<p>23 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - FIT & SPIN Christine</p>	<p>24 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Kelli 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>25 9:00am - FIT & SPIN Elise 9am HIIT Mike L</p>	<p>26 6:00am HIIT "T" 7:30am - Power Barre Kelly 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Kelli 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L</p>	<p>27 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</p>	<p>28 6:00am - Bootcamp Mike 7:30am - Power Barre Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kelli 5:00pm - CORE & RESTORE Christine 6:00pm - HIIT TRX & Core Kelly</p>	<p>29 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine *9:30am -10:15 Spin 10:15-10:30 SCULPT Mark 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Mark 6pm PUMP Damaris</p>	<p>30 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Bike, Bubbles & Beer Christine</p>	

