

April '24

🌟 = 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</p> <p>*AM CLASSES BEFORE 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR</p> <p>AQUA CLASSES REMAIN ON TIME</p>	<p>1</p> <p>6:00am HIIT "T" Mike</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - HIIT The Step Missy</p> <p>9:30am - Fit & Spin Kelli</p> <p>5:00pm - Yoga Heather</p> <p>6:00pm - HIIT Core & More Mike L</p> <p>6:00pm - Fit & Spin Mark</p>	<p>2</p> <p>6:00am - Cross Cond & HIIT Mike</p> <p>8:30am - Tone, Strength & Abs Jim</p> <p>9:30am - Vinyasa Yoga Heather (45min)</p> <p>9:30am - Spin & Barre Kelli</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike & Abs Mark</p>	<p>3</p> <p>6:00am - Bootcamp Mike L</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - Cardio Blast Damaris</p> <p>9:30am - Fit & Spin Mark</p> <p>5:00pm -CORE & RESTORE Kelly</p> <p>6:00pm - HIIT TRX & Core Kelly</p>	<p>4</p> <p>6:00am - S,C,F with TRX Mike L (45min)</p> <p>8:30am - Body Basics Sherry</p> <p>9:30am - Bust Butt BC Mike (45min)</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Mark</p> <p>10:30am NO CLASS (30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Fit & Spin Missy</p> <p>6pm PUMP Damaris</p>	<p>5</p> <p>6am SPIN & CORE Damaris</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core & More Kelly</p> <p>9:30am - Fit & Spin Jen</p>	<p>6</p> <p>8:00am - Bootcamp Mike</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Mark</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Damaris</p>
	<p>7</p> <p>9:00am -FIT & SPIN Elise</p> <p>9am HIIT Mike L</p>	<p>8</p> <p>6:00am HIIT Mike</p> <p>7:30am - Power Barre Kelli</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm - Yoga Heather</p> <p>6:00pm - HIIT Core & More Missy</p> <p>6:00pm - Fit & Spin Mike L</p>	<p>9</p> <p>6:00am - Cross Cond. & HIIT Mike</p> <p>8:30am - Tone, Strength & Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin & Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike & Abs Damaris</p>	<p>10</p> <p>6:00am - Bootcamp "T"</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm -CORE & RESTORE Christine</p> <p>6:00pm - HIIT TRX & Core Kelly</p>	<p>11</p> <p>6:00am - S,C,F with TRX Mike L (45 min)</p> <p>8:30am - Body Basics Sherry</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli</p> <p>10:30am Stretch & Restore Christine(30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit & Spin Jen</p> <p>6pm PUMP Damaris</p>	<p>12</p> <p>6am SPIN & CORE Mike L</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core & More Kelly</p> <p>9:30am - Fit & Spin Christine</p>
<p>14</p> <p>9:00am -FIT & SPIN Mark</p> <p>9am HIIT Mike L</p>	<p>15</p> <p>6:00am HIIT Mike L</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm - Yoga Carol</p> <p>6:00pm - HIIT Core & More Missy</p> <p>6:00pm - Fit & Spin Damaris</p>	<p>16</p> <p>6:00am - Cross Cond & HIIT Mike</p> <p>8:30am - Tone, Strength & Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin & Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike & Abs Mark</p>	<p>17</p> <p>6:00am - Bootcamp "T"</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm -CORE & RESTORE Christine</p> <p>6:00pm - HIIT TRX & Core Kelly</p>	<p>18</p> <p>6:00am - S,C,F with TRX Jen (45min)</p> <p>8:30am - Body Basics Kelli</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Jen</p> <p>10:30am Stretch & Restore Christine (30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit & Spin Mark</p> <p>6pm PUMP Damaris</p>	<p>19</p> <p>6am SPIN & CORE Damaris</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core & More Kelly</p> <p>9:30am - Fit & Spin Christine</p>	<p>20</p> <p>8:00am - Bootcamp Mike</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Damaris</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Damaris</p>
<p>21</p> <p>9:00am - FIT & SPIN Mark</p> <p>9am HIIT Elise</p>	<p>22</p> <p>6:00am HIIT Mike L</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm - Yoga Jonathan</p> <p>6:00pm - HIIT Core & More Missy</p> <p>6:00pm - Fit & Spin Damaris</p>	<p>23</p> <p>6:00am - Cross Cond. & HIIT Mike</p> <p>8:30am - Tone, Strength & Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin & Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike & Abs Mark</p>	<p>24</p> <p>6:00am - Bootcamp "T"</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm -CORE & RESTORE Christine</p> <p>6:00pm - HIIT TRX & Core Kelly</p>	<p>25</p> <p>6:00am - S,C,F with TRX Mike L (45min)</p> <p>8:30am - Body Basics Kelli</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Jen</p> <p>10:30am Stretch & Restore Christine (30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit & Spin Mark</p> <p>6pm PUMP Damaris</p>	<p>26</p> <p>6am SPIN & CORE Mike L</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core & More Kelly</p> <p>9:30am - Fit & Spin Christine</p>	<p>27</p> <p>8:00am - Bootcamp Christine</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Mark</p> <p>9:00am - Iron Pump Plus Damaris</p> <p>10:15am - Dance Fitness Missy</p>
<p>28</p> <p>9:00am - FIT & SPIN Damaris</p> <p>9am HIIT Elise</p>	<p>29</p> <p>6:00am HIIT Mike</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit & Spin Jen</p> <p>5:00pm - Yoga Heather</p> <p>6:00pm - HIIT Core & More Missy</p> <p>6:00pm - Fit & Spin Mike L</p>	<p>30</p> <p>6:00am - Cross Cond. & HIIT Mike</p> <p>8:30am - Tone, Strength & Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin & Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike & Abs Mark</p>				

