

October

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
				¹ 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	² 6am SPIN & CORE Mike L 8:30am - Yoga Christine (downstairs) 9:30am - HIIT Core & More Garrie 9:30am - Fit & Spin Jen	³ 8:00am Barre (spin room) Heather 9:00am - Spin Garrie 9:00am - Iron Pump Plus Jen 10:15am - Dance Fitness Missy
⁴ 9:00am -FIT & SPIN Garrie 9am HIIT Jen	⁵ 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	⁶ 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Ellie (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	⁷ 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	⁸ 6:00am - HIIT Mike L (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 Mark	⁹ 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	¹⁰ 8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Jim SPECIALTY CLASS 10:15am - DRUMS ALIVE Kelly
¹¹ 9:00am -FIT & SPIN Anna 9am HIIT Garrie	¹² 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	¹³ 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	¹⁴ 6:00am - Bootcamp Mike L 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	¹⁵ 6:00am - HIIT Jen (45min) 8:30am - Body Basics Jim 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 Garrie	¹⁶ 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	¹⁷ 8:00am Barre (spin room) Kelly 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
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