

MAY '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 6:00am - Bootcamp Mike 7:30am - Power Barre Kelli 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - CORE & RESTORE Kelly 6:00pm - HIIT TRX & Core Kelly</p>	<p>2 6:00am - S,C,F with TRX Mike L(45 min) 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 & Restore Christine(30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Mark 6pm PUMP Damaris</p>	<p>3 6am SPIN & CORE Mike L 8:30am - Yoga Christine (downstairs) 9:30am - HIIT Core & More Jen 9:30am - Fit & Spin Christine</p>	<p>4 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Heather (Upstairs) 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
	<p>5 9:00am - FIT & SPIN Mark 9am HIIT Elise</p>	<p>6 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>7 6:00am - Cross Cond. & HIIT Mike L 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</p>	<p>8 6:00am - Bootcamp "T" 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</p>	<p>9 6:00am - S,C,F with TRX Mike L (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</p>	<p>10 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>
<p>12 9:00am - FIT & SPIN Damaris 9am HIIT Mike L</p>	<p>13 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 Mike L 6:00pm - Fit & Spin Mark</p>	<p>14 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 Jen 6:00pm Bike & Abs Mark</p>	<p>15 6:00am - Bootcamp "T" 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</p>	<p>16 6:00am - S,C,F with TRX 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 & Restore Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Fit & Spin Mark 6pm PUMP Jen</p>	<p>17 6am SPIN & CORE Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</p>	<p>18 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</p>
<p>19 9:00am - FIT & SPIN Mark 9am HIIT Elise</p>	<p>20 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</p>	<p>21 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</p>	<p>22 6:00am - Bootcamp "T" 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</p>	<p>23 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</p>	<p>24 6am SPIN & CORE Mike L 8:30am - Yoga Elli (downstairs) 9:30am - HIIT Core & More Jen 9:30am - Fit & Spin Christine</p>	<p>25 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Jonathan (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>26 9:00am - FIT & SPIN Elise 9am HIIT Mike L</p>	<p>27 MEMORIAL DAY CLUB HOURS 7AM-NOON</p>	<p>28 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</p>	<p>29 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 Jonathan</p>	<p>30 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 Damaris 6:00pm - Fit & Spin Mark 6pm PUMP Damaris</p>	<p>31 6am SPIN & CORE Mike L 8:30am - Yoga Elli (downstairs) 9:30am - HIIT Core & More Jen 9:30am - Fit & Spin Christine <i>Bike & Bubbles</i></p>	

