

February '24

February '24		☼ = Specialty Class ♦ = New Class		Club One Group Fitness Schedule		
Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<div><div>*WEATHER POLICY QUEEN ANNES COUNTY SCHOOL DELAYS & CLOSINGS</div><div>*AM CLASSES BEFORE 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR</div><div>AQUA CLASSES REMAIN ON TIME</div></div>				1 <div>6:00am - S,C,F with TRX Jen(45 min) 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</div>	2 <div>6am SPIN & CORE Damaris 8:30am - Yoga Elli (downstairs) 9:30am - HIIT Core & More Christine 9:30am - Fit & Spin Missy</div>	3 <div>8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Jonathan (Upstairs) 9:00am - Spin Elise 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</div>
				4 <div>9:00am -FIT & SPIN Damaris 9am HIIT Elise</div>	5 <div>6:00am HIIT "T" 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</div>	6 <div>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 Elise 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</div>
11 <div>9:00am -FIT & SPIN Elise 9am HIIT Mike L</div>	12 <div>6:00am HIIT Mike 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm -Yoga Elli 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L</div>	13 <div>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 Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mark</div>	14 <div>HAPPY VALENTINE'S DAY 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</div>	15 <div>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 Stretch & Restore Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit & Spin Mark 6pm PUMP Robin</div>	16 <div>6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine</div>	17 <div>8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Elise 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</div>
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