

OCTOBER

🌟 = Specialty Class | 🆕 = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
						<div>1</div> <div>8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Christine (Upstairs) 9:00am - Spin Elise 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</div>
<div>2</div> <div>9:00am FIT &amp; SPIN Mark 9am HIIT Elise 10:00am - Yoga Elli</div>	<div>3</div> <div>6:00am - HIIT Mike 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</div>	<div>4</div> <div>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone &amp; Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Elise 6:00pm - Bike &amp; Abs Mark</div>	<div>5</div> <div>6:00am - Bootcamp "T" 7:30am - Power Barre 🌟 Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 5:00pm - CORE &amp; RESTORE Christine 6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>6</div> <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 Kelli 10:30am - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Elise 6pm PUMP Damaris</div>	<div>7</div> <div>6am SPIN &amp; CORE Mike L 8:30am - Yoga Christine(downstairs) 9:30am - HIIT Core &amp; More Christine 9:30am - Fit &amp; Spin Jen</div>	<div>8</div> <div>8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Missy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</div>
<div>9</div> <div>9:00am -FIT &amp; SPIN Mike L 9am HIIT Elise 10:00am - Yoga Lisa</div>	<div>10</div> <div>6:00am - HIIT Mike 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mark</div>	<div>11</div> <div>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone &amp; Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</div>	<div>12</div> <div>6:00am - Bootcamp "T" 7:30am - Power Barre 🌟 Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 5:00pm - CORE &amp; RESTORE Christine 6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>13</div> <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 Kelli 10:30am - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Damaris 6pm PUMP Jen</div>	<div>14</div> <div>6am SPIN &amp; CORE Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</div>	<div>15</div> <div>8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly(Upstairs) 9:00am - Spin Kelli 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Missy</div>
<div>16</div> <div>9:00am - FIT &amp; SPIN Missy 9am HIIT Jen 10:00am - Yoga Elli</div>	<div>17</div> <div>6:00am HIIT Mike 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</div>	<div>18</div> <div>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone &amp; Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mike L</div>	<div>19</div> <div>6:00am - Bootcamp Mike 7:30am - Power Barre 🌟 Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 5:00pm - CORE &amp; RESTORE Christine 6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>20</div> <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 Kelli 10:30am - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Mark 6pm PUMP Elise</div>	<div>21</div> <div>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</div>	<div>22</div> <div>8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</div>
<div>23</div> <div>9:00am - FIT &amp; SPIN Mark 9am HIIT Mike L 10:00am - Yoga Elli</div>	<div>24</div> <div>6:00am HIIT Mike 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</div>	<div>25</div> <div>6:00am - Cross Cond. &amp; HIIT Mike L 8:30am - Tone &amp; Strength Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</div>	<div>26</div> <div>6:00am - Bootcamp "T" 7:30am - Power Barre 🌟 Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 5:00pm - CORE &amp; RESTORE Christine 6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>27</div> <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 80's Spin 10:15-10:30 SCULPT Jen 10:30am - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Mark 6pm PUMP Missy</div>	<div>28</div> <div>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - BIKE BEER &amp; BUBBLES Christine</div>	<div>29</div> <div>8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly(Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Elise</div>
<div>30</div> <div>9:00am - FIT &amp; SPIN Mark 9am HIIT Damaris 10:00am - Yoga Elli</div>	<div>31</div> <div>6:00am HIIT Mike L 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mark</div>					

