

MAY

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
	Jim no 2 Mark 8-11 22-25 Charlene no sun 10-17 Christine all Kelli all T 6&27 Jen 17&31 Anna 2,3,15am,16,17 29am, 30,31				1 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Mark	2 8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Kelly 10:15am - Dance Fitness Missy
3 9:00am - FIT & SPIN Mark 9am HIIT Jen	4 6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Kelli 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	5 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Keith (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	6 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	7 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 - SPIN & PUMP Mark (45min spin 15 min pump)	8 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	9 8:00am Barre (spin room) Kelly 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
10 9:00am - FIT & SPIN Missy 9am HIIT Mike L	11 6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - HIIT The Step Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	12 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	13 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	14 6:00am - HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Mark 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Anna (45min spin 15 min pump)	15 6am SPIN & CORE Anna 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	16 8:00am Barre (spin room) Kelly 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
17 9:00am - FIT & SPIN Anna 9am HIIT Keith	18 6:00am CARDIO PUMP ABS Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - BIKE & BINGO Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	19 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Keith (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	20 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	21 6:00am - HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine(45min) 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	22 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	23 8:00am Barre (spin room) Kelly 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
24 9:00am - FIT & SPIN Mike L 9am HIIT Jen	25 MEMORIAL DAY CLUB HOURS 7am-NOON	26 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) 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	27 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene 6:00pm - HIIT TRX & Core Keith	28 6:00am - HIIT Jen (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) 5:00pm - Dance Fitness Charlene 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	29 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Bike & Bubbles Christine	30 8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
31 9:00am - FIT & SPIN Mark 9am HIIT Keith						

