

March '24

🌟 = Specialty Class | ⬠ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<p><b>*WEATHER POLICY</b> QUEEN ANNES COUNTY SCHOOL DELAYS &amp; CLOSINGS</p> <p><b>*AM CLASSES BEFORE</b> 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR</p> <p><b>AQUA CLASSES REMAIN</b> ON TIME</p>					<p>1 6am SPIN &amp; CORE Damaris</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core &amp; More Kelly</p> <p>9:30am - Fit &amp; Spin Christine</p>	<p>2 8:00am - Bootcamp Christine</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Mark</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Damaris</p>
<p>3 9:00am -FIT &amp; SPIN Elise</p> <p>9am HIIT Mike L</p>	<p>4 6:00am HIIT "T"</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm - Yoga Heather</p> <p>6:00pm - HIIT Core &amp; More Missy</p> <p>6:00pm - Fit &amp; Spin Mike L</p>	<p>5 6:00am - Cross Cond. &amp; HIIT Mike</p> <p>8:30am - Tone, Strength &amp; Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin &amp; Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike &amp; Abs Mark</p>	<p>6 6:00am - Bootcamp Mike</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm -CORE &amp; RESTORE Christine</p> <p>6:00pm - HIIT TRX &amp; Core Kelly</p>	<p>7 6:00am - S,C,F with TRX Mike L (45 min)</p> <p>8:30am - Body Basics Sherry</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen</p> <p>10:30am Stretch &amp; Restore Christine(30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit &amp; Spin Mark</p> <p>6pm PUMP Damaris</p>	<p>8 6am SPIN &amp; CORE Mike L</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core &amp; More Kelly</p> <p>9:30am - Fit &amp; Spin Christine</p>	<p>9 8:00am - Bootcamp Mike</p> <p>8:00am - Barre/Sculpt Kelly(Upstairs)</p> <p>9:00am - Spin Mark</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Missy</p>
<p>10 DAYLIGHT SAVINGS</p> <p>9:00am -FIT &amp; SPIN Damaris</p> <p>9am HIIT Elise</p>	<p>11 6:00am HIIT Mike</p> <p>7:30am - Power Barre Kelli</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm - Yoga Elli</p> <p>6:00pm - HIIT Core &amp; More Missy</p> <p>6:00pm - Fit &amp; Spin Robin</p>	<p>12 6:00am - Cross Cond &amp; HIIT Mike</p> <p>8:30am - Tone, Strength &amp; Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin &amp; Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike &amp; Abs Mark</p>	<p>13 6:00am - Bootcamp Mike L</p> <p>7:30am - Power Barre Kelli</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm -CORE &amp; RESTORE Christine</p> <p>6:00pm - HIIT TRX &amp; Core Kelly</p>	<p>14 6:00am - S,C,F with TRX Jen (45min)</p> <p>8:30am - Body Basics Sherry</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli</p> <p>10:30am Stretch &amp; Restore Christine (30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit &amp; Spin Mark</p> <p>6pm PUMP Damaris</p>	<p>15 6am SPIN &amp; CORE Mike L</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core &amp; More Kelly</p> <p>9:30am - Fit &amp; Spin Christine</p>	<p>16 8:00am - Bootcamp Christine</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Elise</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Damaris</p>
<p>17 HAPPY ST PATRICK'S DAY</p> <p>9:00am - FIT &amp; SPIN Mark</p> <p>9am HIIT Mike L</p>	<p>18 6:00am HIIT Mike L</p> <p>7:30am - Power Barre Kelli</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm - Yoga Heather</p> <p>6:00pm - HIIT Core &amp; More Missy</p> <p>6:00pm - Fit &amp; Spin Damaris</p>	<p>19 6:00am - Cross Cond. &amp; HIIT Mike</p> <p>8:30am - Tone, Strength &amp; Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin &amp; Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike &amp; Abs Mark</p>	<p>20 6:00am - Bootcamp "T"</p> <p>7:30am - Power Barre Kelli</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm -CORE &amp; RESTORE Christine</p> <p>6:00pm - HIIT TRX &amp; Core Kelly</p>	<p>21 6:00am - S,C,F with TRX Mike L (45min)</p> <p>8:30am - Body Basics Sherry</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Jen</p> <p>10:30am Stretch &amp; Restore Christine (30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit &amp; Spin Mark</p> <p>6pm PUMP Damaris</p>	<p>22 6am SPIN &amp; CORE Mike L</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core &amp; More Kelly</p> <p>9:30am - Fit &amp; Spin Christine</p>	<p>23 8:00am - Bootcamp Mike</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Mark</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Missy</p>
<p>24 9:00am - FIT &amp; SPIN Damaris</p> <p>9am HIIT Mike L</p>	<p>25 6:00am HIIT Mike</p> <p>7:30am - Power Barre Kelli</p> <p>9:30am - HIIT The Step Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm - Yoga Heather</p> <p>6:00pm - HIIT Core &amp; More Missy</p> <p>6:00pm - Fit &amp; Spin Robin</p>	<p>26 6:00am - Cross Cond. &amp; HIIT Mike</p> <p>8:30am - Tone, Strength &amp; Abs Jim</p> <p>9:30am - Vinyasa Yoga Carol (45min)</p> <p>9:30am - Spin &amp; Barre Christine</p> <p>10:15am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike &amp; Abs Mark</p>	<p>27 6:00am - Bootcamp "T"</p> <p>7:30am - Power Barre Jonathan</p> <p>9:30am - Cardio Blast Christine</p> <p>9:30am - Fit &amp; Spin Jen</p> <p>5:00pm -CORE &amp; RESTORE Christine</p> <p>6:00pm - HIIT TRX &amp; Core Kelly</p>	<p>28 6:00am - S,C,F with TRX Mike L (45min)</p> <p>8:30am - Body Basics Sherry</p> <p>9:30am - Bust Butt BC Christine</p> <p>9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli</p> <p>10:30am Stretch &amp; Restore Christine (30min)</p> <p>10:30am - Iron Pump Mike (45min)</p> <p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit &amp; Spin Mark</p> <p>6pm PUMP Damaris</p>	<p>29 6am SPIN &amp; CORE Mike L</p> <p>8:30am - Yoga Kelly (downstairs)</p> <p>9:30am - HIIT Core &amp; More Kelly</p> <p>9:30am - Fit &amp; Spin Christine</p>	<p>30 8:00am - Bootcamp Christine</p> <p>8:00am - Barre/Sculpt Kelly (Upstairs)</p> <p>9:00am - Spin Elise</p> <p>9:00am - Iron Pump Plus Jim</p> <p>10:15am - Dance Fitness Damaris</p>
<p>31 Happy Easter Club Closed</p>	<p>6:00pm - HIIT Core &amp; More Missy</p> <p>6:00pm - Fit &amp; Spin Robin</p>	<p>5:00pm - Dance Fitness Damaris</p> <p>6:00pm - Pump Missy</p> <p>6:00pm Bike &amp; Abs Mark</p>	<p>6:00pm - HIIT TRX &amp; Core Kelly</p>	<p>5:00pm - Dance Fitness Missy</p> <p>6:00pm - Fit &amp; Spin Mark</p> <p>6pm PUMP Damaris</p>		

