

JANUARY

			Club One Group Fitness Schedule				
Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday	
	SPECIALTY CLASSES 13-Jan 5pm DRUMS ALIVE 19-Jan 9:30am BIKE & BINGO			1 NEW YEAR'S DAY CLUB HOURS 9AM-3PM	2 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	3 8:00am Barre (spin room) Kelly 9:00am - Spin Elise 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly	
4	9:00am -FIT & SPIN Mark 9am HIIT Charlene	5 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	6 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)	7 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene	8 6:00am - HIIT Mike L(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 (30min)	9 6am SPIN & CORE Mike L 8:30am - Yoga Kelly(downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	10 8:00am Barre (spin room) Kelly 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
11	9:00am -FIT & SPIN Anna 9am HIIT Jen	12 6:00am CARDIO PUMP ABS Jen 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 Mike L	13 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)	14 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene	15 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)	16 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	17 8:00am Barre Kelly (spin (spin Room) 9:00am - Spin Elise 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
18	9:00am - FIT & SPIN Anna 9am HIIT Jen	19 6:00am CARDIO PUMP ABS Mike L 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 Mark	20 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)	21 6:00am - Bootcamp MikeL 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene	22 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)	23 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	24 8:00am Barre (spin room) Kelly 9:00am - Spin Elise 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
25	9:00am - FIT & SPIN Mark 9am HIIT Jen	26 6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Kelly 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	27 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)	28 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Charlene	29 6:00am - HIIT 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)	30 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE & BUBBLES Christine	31 8:00am Barre Kelly (spin (spin Room) 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy

