

MAY '23

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<p>1</p> <p>*WEATHER POLICY QUEEN ANNES COUNTY SCHOOL DELAYS &amp; CLOSINGS AM CLASSES BEFORE 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR AQUA CLASSES REMAIN ON TIME</p>	<p>2</p> <p>6:00am - HIIT "T" Mike L 7:30am - Power Barre Kelli 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</p>	<p>3</p> <p>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone &amp; Strength Kelli 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mike L</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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 - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Mark 6pm PUMP Damaris</p>	<p>6</p> <p>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</p>	<p>7</p> <p>8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Kelli 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>7</p> <p>9:00am - FIT &amp; SPIN Damaris 9am HIIT Mike L</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>	<p>11</p> <p>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 - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Mark 6pm PUMP Damaris</p>	<p>12</p> <p>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</p>	<p>13</p> <p>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</p>
<p>14</p> <p>HAPPY MOTHER'S DAY 9:00am - FIT &amp; SPIN Mark 9am HIIT Mike L</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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 Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>17</p> <p>6:00am - Bootcamp "T" 7:30am - Power Barre Kelli 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 5:00pm - CORE &amp; RESTORE Christine 6:00pm - HIIT TRX &amp; Core Kelly</p>	<p>18</p> <p>6:00am - S,C,F with TRX Mike (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 - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Mark 6pm PUMP Damaris</p>	<p>19</p> <p>6am SPIN &amp; CORE Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</p>	<p>20</p> <p>8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Kelli 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>21</p> <p>9:00am - FIT &amp; SPIN Damaris 9am HIIT Mike L</p>	<p>22</p> <p>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</p>	<p>23</p> <p>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 Jen (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mike L</p>	<p>24</p> <p>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</p>	<p>25</p> <p>6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine *9:30am -10:15 Spin 80s 10:15-10:30 SCULPT Jen 10:30am - Barre &amp; Balance Christine (30min) 10:30am - Iron Pump Jen (45min) 5:00pm - Dance Fitness Missy 6:00pm - Fit &amp; Spin Damaris 6pm PUMP Jen</p>	<p>26</p> <p>6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Bike, Bubbles &amp; Beer Christine</p>	<p>27</p> <p>8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Kelli 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>28</p> <p>9:00am - FIT &amp; SPIN Mike L 9am HIIT Jen</p>	<p>29</p> <p>MEMORIAL DAY CLUB HOURS 7AM-NOON</p>	<p>30</p> <p>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 Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mike L</p>	<p>31</p> <p>6:00am - Bootcamp Mike 7:30am - Power Barre Kelli 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Kelli 5:00pm - CORE &amp; RESTORE Christine 6:00pm - HIIT TRX &amp; Core Kelly</p>			

