

September

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
		1 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	2 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - SPIN & SCULPT Bridgette 6:00pm - HIIT TRX & Core "T"	3 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 FIT & SPIN Mark	4 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	5 8:00am Barre (spin room) Kelly 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
6 9:00am -FIT & SPIN Mark 9am HIIT Mike L	7 LABOR DAY CLUB HOURS 7AM-NOON	8 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	9 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - SPIN & SCULPT Bridgette 6:00pm - HIIT TRX & Core Kelly	10 6:00am - HIIT Mike L (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 FIT & SPIN Garrie	11 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	12 8:00am Barre (spin room) Kelly 9:00am - Spin Anna 9:00am - Iron Pump Plus Jim SPECIALTY CLASS 10:15am - DRUMS ALIVE Kelly
13 9:00am -FIT & SPIN Anna 9am HIIT Jen	14 6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Jen 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	15 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) SPM DRUMS ALIVE Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	16 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - SPIN & SCULPT Bridgette 6:00pm - HIIT TRX & Core Christine	17 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 (30min) 5:00pm - Dance Fitness Missy 6:00pm FIT & SPIN Mark	18 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	19 8:00am Barre (spin room) Kelly 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
20 9:00am - FIT & SPIN Anna 9am HIIT Garrie	21 6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Jen 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	22 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	23 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - SPIN & SCULPT Bridgette 6:00pm - HIIT TRX & Core Kelly	24 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 (30 min) 5:00pm - Dance Fitness Missy 6:00pm FIT & SPIN Garrie	25 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE & BUBBLES Jen	26 8:00am Barre (spin room) Kelly 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
27 9:00am - FIT & SPIN Missy 9am HIIT Bridgette	28 6:00am CARDIO PUMP ABS Mike L 8:00am - Power Barre Jen 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	29 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 Garrie	30 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - SPIN & SCULPT Bridgette 6:00pm - HIIT TRX & Core "T"			

