

NOVEMBER

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
						¹ 8:00am Barre Kelly (spin room) 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am Dance Fitness Missy
² DAYLIGHT SAVINGS 9:00am -FIT & SPIN Elise 9am HIIT Charlene	³ 6:00am FIT & SPIN 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	⁴ 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	⁵ 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	⁶ 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 (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Elise (45min spin 15 min pump)	⁷ 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	⁸ 8:00am Barre Kelly (spin room) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Kelly
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