

AUGUST

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
				*Bootcamp cancelled on Sat 8am for August	1 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	2 8:00am Barre Kelly (spin room) 9:00am - Spin Mike L 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
3 9:00am - FIT & SPIN Mark 9am HIIT Damaris	4 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Mark 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	5 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) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	6 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	7 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 Mark (45min spin 15 min pump)	8 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	9 8:00am Barre Kelly (spin room) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
10 9:00am - FIT & SPIN Mark 9am HIIT Damaris	11 6:00am FIT & SPIN Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Kelly 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	12 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Jen 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	13 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Kelly 9:30am - Fit & Spin Mark 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	14 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Jen 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	15 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	16 8:00am Barre Kelly (spin room) 9:00am - Spin Missy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
17 9:00am - FIT & SPIN Mike L 9am HIIT Jen	18 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	19 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) 5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	20 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Kelly	21 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 Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	22 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	23 8:00am Barre Kelly (spin room) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
24 9:00am - FIT & SPIN Jen 9am HIIT Elise	25 6:00am FIT & SPIN Mark 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	26 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) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	27 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	28 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 Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	29 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Jen	30 8:00am Barre Kelly (spin room) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
31 9:00am - FIT & SPIN Elise 9am HIIT Jen						

