AUGUST :;; = Specialty Class | ◊ = New Class Club One Group Fitness Schedule Wednesday Thursday Friday Saturday Sunday Monday Tuesday 9:00am - Spin 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 6am Ride w/Rhythm/Barre 6:00am - Fit& Spin 🔆 8:00am - Bootcamp Mike L
6:00am - Bootcamp
Mike
8:30am - Yoga
Kelly (downstairs)
9:30am - HIT Core & More Damaris 9:00am - HIIT Core & More Mike 7:30am - Power Barre 🔆 Mike 8:30am - Tone & Strength Mike 7:30am - Power Barre \$\frac{1}{2} Mike 8:00am - Barre/Sculpt Lori 6:00am - S,C,F with TRX Mike Kathy 10:00am - Yoga Jonathan 9:30am - HIIT The Step Jonathan 9:30am - Cardio Blast Kelly (Upstairs) 9:00am - Iron Pump Plus 8:30am - Body Basics Mike 9:30am - Bust Butt BC 9:30am - Spin & Barre Lori 9:30am - Vinyasa Yoga Carol (45min) Mike 9:30am - Fit & Spin Kelly 9:30am - Fit & Spin Jen 5:00pm - Yoga Kathy 9:30am - Spin Kelly 9:30am - Fit & Spin Jen 5:00pm - Yoga Jim 10:15am - Dance Fitness 10:15am - Iron Pump Mike (45min)
5:00pm - Dance Fitness Elli 6:00pm - HIIT TRX & Core Jen 10:30am - Barre & Balance 6:00pm - HIIT Core & More Jen (30min)
10:30am - Iron Pump
Mike (45min) Missy 6:00pm - Fit & Spin Elise 6:00pm - Pump Kelly Kathy 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin 6:00pm - Bike & Abs Mike L Jonathan 6:00pm - Iron Pump Mike L 6am Spin & Core 6:00am - Fit& Spin 🔆 9:00am - Spin 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 8:00am - Bootcamp 9:00am - HIIT Core & More Kathy Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Mike Mike L 6:00am - S,C,F with TRX Mike L 6:00am - Bootcamp 7:30am - Power Barre 8:30am - Tone & Strength 7:30am - Power Barre Jonathan 9:30am - HIIT The Step Jim 9:30am - Vinyasa Yoga Jonathan 9:30am - Cardio Blast Christine 8:30am - Yoga 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Christine 9:30am - Fit & Spin Kelly (downstairs) 9:30am - HIIT Core & More Elli Christine Carol (45min) Jonathan 9:30am - Spin & Barre Christine 10:15am - Iron Pump 9:30am Fit & Spin 9:00am - Iron Pump Plus Lori 5:00pm - Yoga Jen 5:00pm - Core Control Kelly
9:30am - BIKE BUBBLES 10:15am - Dance Fitness Heather 6:00pm - HIIT Core & More Mike (45min) 5:00pm - Dance Fitness Jen
10:30am - Barre & Balance & BEER Christine Christine 6:00pm - HIIT TRX & Core Missy 6:00pm - Fit & Spin Elise 6:00pm - Pump Christine (30min)

10:30am - Iron Pump Missy 6:00pm Ride w/Rhythm & Barre Lori Mike (45min) 5:00pm - Dance Fitness Missy
5:00pm - Fit & Spin
Jonathan 6:00pm - Iron Pump Kathy 6:00am - Fit & Spin 9:00am - Spin 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 6am Ride w/Rhythm/Barre 8:00am - Bootcamp Mike
7:30am - Power Barre Sanathan
9:30am - HIIT The Step
Christine
9:30am - Fit & Spin Damaris 9:00am - HIIT Core & More Mike 8:00am - Barre/Sculpt Mike Lori 6:00am - S,C,F with TRX Damaris 6:00am - Bootcamp 7:30am - Power Barre 8:30am - Tone & Strength 9:30am - Tone & Strength
Jim
9:30am - Vinyasa Yoga
Carol (45min)
9:30am - Spin & Barre
Christine
10:15am | Iron Pump 9:30am - Power Barre ;; Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kathy 5:00pm - Power Yoga O 6:00am - Bootcamp Mike 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Jonathan 10:00am - Yoga Kelly (Upstairs)

9:00am - Spin 8:30am - Body Basics 9:30am - Bust Butt BC Christine 9:30am - Spin Lisa Jonathan 9:00am - Iron Pump Plus Kelly 9:30am - Fit & Spin Christine Jen 5:00pm - Yoga Jim 10:15am - Dance Fitness Jonathan 6:00pm - HIIT TRX & Core Elli 6:00pm - HIIT Core & More Mike (45min) 5:00pm - Dance Fitness Damaris 10:30am - Barre & Balance Damaris Christine (30min)

10:30am - Iron Pump
Mike (45min) Missy 6:00pm - Fit & Spin Elise 6:00pm - Pump Missy 6:00pm - Bike & Abs Mike L 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Kathy 9:00am Ride w/Rhythm 6:00am - HIIT 5:00am - Cross Cond. & HIIT 6:00am - Bootcamp 6am Ride w/Rhythm/Barre 6:00am - Fit& Spin 🔆 8:00am - Bootcamp Mike
7:30am - Power Barre :
Jonan - Cardio Blast Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Mike Mike L 7:30am - Power Barre 6:00am - Bootcamp Christine 8:30am - Yoga 8:30am - Tone & Strength 6:00am - S,C,F with TRX 9:00am - HIIT Core & More Kathy 10:00am - Yoga Jonathan Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Jonathan

9:30am - HIIT The Step 8:30am - Body Basics Christine 9:30am - Fit & Spin Christine 9:30am - Fit & Spin Sherry 9:30am - Bust Butt BC Kelly (downstairs) 9:30am - HIIT Core & More Mike L 9:00am - Iron Pump Plus 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Christine

10:15am - Iron Pump

Mike (45min)

5:00pm - Dance Fitness Damaris
5:00pm - Core Control
Christine
6:00pm - HIIT TRX & Core Kelly 9:30am - Fit & Spin Christine Christine 9:30am - Spin Jim

10:15am - Dance Fitness
Missy Jen 10:30am - Barre & Balance Missy 6:00pm - Fit & Spin Mike L Damaris
6:00pm - Pump
Missy
6:00pm - Bike & Abs Christine (30min)

10:30am - Iron Pump
Mike (45min)

5:00pm - Dance Fitness Kelly Missy
5:00pm - Fit & Spin
Jonathan
6:00pm - Iron Pump
Mike L Damaris 9:00am - Spin Mike L 9:00am - HIIT Core & More 6:00am - HIIT Mike 7:30am - Power Barre ;; 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength Jonathan 9:30am - HIIT The Step Kathy 10:00am - Yoga Elli Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 9:30am - Fit & Spin Christine

10:15am - Iron Pump

Mike (45min)

5:00pm - Dance Fitnes Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missv Elise 6:00pm - Fit & Spin 6:00pm - Pump Mike L Missy 6:00pm Ride w/Rhythm