JULY Club One Group Fitness Schedule Wednesday Saturday Sunday 6:00am - Fit& Spin 🔆 8:00am - Bootcamp 5:30am - Spin 0 Mary (45min) 6:00am - S,C,F with TRX Mike L 6:00am - Bootcamp Christine 8:00am - Barre/Sculpt Christine 8:30am - Yoga Kelly (Upstairs) 9:00am - Spin 8:30am - Body Basics 9:00am - Iron Pump Plus Kelly (downstairs) 9:30am - HIIT Core & More 9:30am - Bust Butt BC Christine 9:30am - Spin Kelly 9:30am - Fit & Spin Jim 10:15am - Dance Fitness Jen 10:30am - Barre & Balance Christine(30min)
10:30am - Iron Pump
Mike (45min) 5:00pm - Dance Fitness Missy
5:00pm - Fit & Spin
Damaris
6:00pm - Iron Pump
Jonathan Happy 4th of July! 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 5:30am - Spin ◊ 6:00am - Fit& Spin 🔆 8:00am - Bootcamp 6:00am - Fit& Spin 5,5 Mike L
6:00am - Bootcamp Mike
8:30am - Yoga Kelly (downstairs)
9:30am - HIIT Core & More 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Missy 9:00am - Iron Pump Plus Mary (45min) 6:00am - S,C,F with TRX Mike Mike 7:30am - Power Barre 🔆 Club Hours 7am - Noon 8:30am - Tone & Strength 7:30am - Power Barre 🔆 9:30am - Tone & Strength Jim 9:30am - Spin & Barre Christine 9:30am - Vinyasa Yoga Carol (45min) 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Jonathan 9:30am - HIIT The Step Jonathan
9:30am - Cardio Blast
Christine
9:30am - Fit & Spin 8:30am - Body Basics Christine 9:30am - Fit & Spin Sherry
9:30am - Bust Butt BC Jen 5:00pm - Yoga Heather Christine 9:30am - Spin Kelly 9:30am - Fit & Spin Jen 5:00pm - Core Contro Mike I 10:15am - Dance Fitness Elise Christine 6:00pm - HIIT TRX & Core Damaris 10:30am - Barre & Balance 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Missy 6:00pm - Pump Christine (30min)

10:30am - Iron Pump Missy 6:00pm - Bike & Abs Mike L Mike (45min)
5:00pm - Dance Fitness
Missy
5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Kathy 9:00am - Spin 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 5:30am - Spin 0 6:00am - Fit& Spin 🔆 8:00am - Bootcamp Tammy (45min) 6:00am - S,C,F with TRX Mike L 6:00am - Bootcamp Christine 8:30am - Yoga Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Mike 8:30am - Tone & Strength Sherry 9:30am - Vinyasa Yoga Carol (45min) 7:30am - Power Barre 7:30am - Power Barre 🔆 9:00am - HIIT Core & More Kathy 10:00am - Yoga Jonathan

9:30am - HIIT The Step Jonathan 9:30am - Cardio Blast 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Kelly (downstairs) 9:30am - HIIT Core & More Missy 9:00am - Iron Pump Plus FIIi Kelly Christine Carol (45min)
9:30am - Spin & Barre
Christine
10:15am - Iron Pump
Mike (45min)
5:00pm - Dance Fitness 9:30am - Fit & Spin 9:30am - Fit & Spin Christine
9:30am - Spin
Jen
10:30am - Barre & Balance Damaris 5:00pm - Yoga Kathy 5:00pm - Core Control Kelly
9:30am - BIKE&BUBBLES 33 Jim 10:15am - Dance Fitness Heather 6:00pm - HIIT Core & More Christine 6:00pm - HIIT TRX & Core Missy 6:00pm - Fit & Spin Damaris Christine (30min)
10:30am - Iron Pump
Mike (45min)
5:00pm - Dance Fitness Elise 6:00pm - Pump Missy 6:00pm - Bike & Barre Missy 5:00pm - Fit & Spin Kathy 6:00pm - Iron Pump Jonathan 9:00am - Spin 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 5:30am - Spin 0 6:00am - Fit& Spin 🔆 8:00am - Bootcamp Mike 7:30am - Power Barre : Mike 8:30am - Tone & Strength Mary (45min) 6:00am - S,C,F with TRX Mike L 6:00am - Bootcamp Mike 8:00am - Barre/Sculpt 9:00am - HIIT Core & More 7:30am - Power Barre Jonathan 9:30am - Cardio Blast Christine Mike
8:30am - Body Basics
Sherry Kelly (Upstairs)
9:00am - Spin
Jonathan Jonathan

9:30am - HIIT The Step Mike 8:30am - Yoga Kathy 10:00am - Yoga Jim 9:30am - Vinyasa Yoga Lisa Carol (45min) Kelly (downstairs) 9:30am - HIIT Core & More 9:30am - Spin & Barre Christine 10:15am - Iron Pump 9:30am - Bust Butt BC Christine 9:30am - Spin 9:30am - Fit & Spin 9:30am - Fit & Spin 9:00am - Iron Pump Plus Kelly 9:30am - Fit & Spin Jen 5:00pm - Yoga Jen 5:00pm -Power Yoga ◊ Jim 10:15am - Dance Fitness Mike (45min) 5:00pm - Dance Fitness Jonathan 6:00pm - HIIT TRX & Core Jen 10:30am - Barre & Balance 6:00pm - HITT Core & More Missy 6:00pm - Fit & Spin Kelly Damaris Christine (30min) 6:00pm - Pump Missy 6:00pm - Bike & Abs 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy
5:00pm - Fit & Spin
Elise
6:00pm - Iron Pump
Kathy Jen 9:00am - Spin 6:00am - HIIT 6:00am - Cross Cond. & HIIT 6:00am - Bootcamp 5:30am - Spin 0 6:00am - Fit& Spin 🔆 8:00am - Bootcamp Mike L 6:00am - Bootcamp Christine Mike 7:30am - Power Barre Christine 8:00am - Barre/Sculpt Mike 7:30am - Power Barre 🔆 Mike 8:30am - Tone & Strength Mary (45min) 6:00am - S,C,F with TRX 9:00am - HIIT Core & More Jonathan
9:30am - HIIT The Step
Christine
9:30am - Fit & Spin Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Jonathan Jonathan Kelly (Upstairs) 9:30am - Cardio Blast Christine 9:30am - Fit & Spin 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More 10:00am - Yoga Lisa 9:00am - Spin Jen 9:00am - Iron Pump Plus 8:30am - Body Basics Sherry
9:30am - Bust Butt BC Jen 5:00pm - Yoga Heather Christine

10:15am - Iron Pump

Mike (45min)

5:00pm - Dance Fitness Damaris 5:00pm - Core Control Christine Christine 9:30am - Spin Kelly 9:30am - Fit & Spin Jim 10:15am - Dance Fitness Jen 10:30am - Barre & Balance 6:00pm - HIIT Core & More 6:00pm - HIIT TRX & Core Missy 6:00pm - Fit & Spin Elise 6:00pm - Pump Christine (30min)

10:30am - Iron Pump Mike L Missy 6:00pm - Bike & Abs Damaris Mike (45min)
5:00pm - Dance Fitness
Missy
5:00pm - Fit & Spin Kathy 6:00pm - Iron Pump