

NOVEMBER

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 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 Kelly	2 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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 Lori	3 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Kathy 5:00pm - Core Control Christine 6:00pm - HIIT TRX & Core Kelly	4 6:00am - S,C,F with TRX Mike L 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Kathy	5 6:00am - Fit & Spin ☼ Mike L 6:00am - Bootcamp Christine 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	6 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Kathy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
7 9:00am - Spin Jen 9:00am - HIIT Core & More Christine 10:00am - Yoga Christine DAYLIGHT SAVINGS ENDS	8 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 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 Kelly	9 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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 Lori	10 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - Core Control ◇ Christine 6:00pm - HIIT TRX & Core Kelly	11 6:00am - S,C,F with TRX Mike 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - Spin Jen 10:30am - Barre & Balance Christine (30min) 10:30am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 5:00pm - Fit & Spin Jonathan 6:00pm - Iron Pump Mike L	12 6:00am - Fit & Spin ☼ Mike L 6:00am - Bootcamp Christine 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	13 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Jonathan 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Elise
14 9:00am Spin Damaris 9:00am - HIIT Core & More Kathy 10:00am - Yoga Lisa	15 6:00am - HIIT Mike 7:30am - Power Barre ☼ Jonathan 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 Lori	16 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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	17 6:00am - Bootcamp Mike 7:30am - Power Barre ☼ Jonathan 9:30am - Cardio Blast Kelli 9:30am - Fit & Spin Kathy 5:00pm - Core Control Kelly 6:00pm - HIIT TRX & Core Kelly	18 6:00am - S,C,F with TRX Mike (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Jen 9:30am - Spin Lori 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 Kathy	19 6:00am - Fit & Spin ☼ Mike L 6:00am - Bootcamp Mike 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE, BEER & BUBBLES ☼ Kelli	20 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Lori 9:00am - Iron Pump Plus Elise 10:15am - Dance Fitness Missy
21 9:00am - Spin Lori 9:00am - HIIT Core & More Damaris 10:00am - Yoga Lisa	22 6:00am - HIIT Mike 7:30am - Power Barre ☼ Lori 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Kelli 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	23 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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 Ride w/Rhythm & Barre Lori	24 6:00am - Bootcamp "T" 7:30am - Power Barre ☼ Lori 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 5:00pm - Core Control ◇ Christine 6:00pm - HIIT TRX & Core Kelly	25 8:30AM PRE FEAST WORKOUT MIKE L HAPPY THANKSGIVING CLUB HOURS 7AM-NOON	26 ABBREVIATED SCHEDULE FOR HOLIDAY 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	27 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelly (Upstairs) 9:00am - Spin Missy 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
28 9:00am - Spin Lori 9:00am - HIIT Core & More Kathy 10:00am - Yoga Lisa	29 SPECIALTY CLASS 6:00am HIIT Mike L 7:30am - Power Barre ☼ Jonathan 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 Lori	30 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone & Strength 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 Ride w/Rhythm & Barre Lori				