

March 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club Hours: Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm S1- Studio One Schedule (fee) 2 FREE classes for DRHC Members: sign in at www.karatorres.com or front desk DEMOS (FREE) with Kara Piloxing- Thursday March 8th 6:30 to 7:00 p.m. H.I.I.T- Tuesday March 13th 8:30 to 9:00 a.m. EVENTS (FEE) \$5 DROP IN with Kara Zumba- Tuesday March 20th 6:00 p.m. Aqua Zumba- Thursday March 22nd 7:00 p.m.		Kids Club Hours: Monday -Saturday 8:30am-12pm Monday - Thursday 5pm-8:00pm		1 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) S1-5:30P Contact Boxing Bootcamp (fee) 6:00P Spinning 7:00P Zumba	2 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	3 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
Sign up sheet for Saturday 8:30 am Circuit class is at the Front Desk						
4 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	5 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) S1-6:00P Barre-Pilates Burn (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	6 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:00P Zumba	7 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit S1-9:00P Barre-Pilates Burn (fee) 10:00A Yoga 6:00P Water Fitness 6:00P Full Body S1-6:15P H.I.I.T (fee) 6:30P Core Galore 7:00P Vinyasa Yoga	8 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) S1-5:30P Contact Boxing Bootcamp (fee) 6:00P Spinning 7:00P Zumba DEMO- Piloxing 6:30-7P	9 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	10 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
11 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	12 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) S1-6:00P Barre-Pilates Burn (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	13 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba DEMO H.I.I.T 8:30 - 9A	14 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit S1-9:00P Barre-Pilates Burn (fee) 10:00A Yoga 6:00P Water Fitness 6:00P Full Body S1-6:15P H.I.I.T (fee) 6:30P Core Galore 7:00P Vinyasa Yoga	15 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) S1-5:30P Contact Boxing Bootcamp (fee) 6:00P Spinning 7:00P Zumba	16 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	17 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
18 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	19 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) S1-6:00P Barre-Pilates Burn (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	20 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba EVENT (fee) with Kara Zumba 6:00P	21 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit S1-9:00P Barre-Pilates Burn (fee) 10:00A Yoga 6:00P Water Fitness 6:00P Full Body S1-6:15P H.I.I.T (fee) 6:30P Core Galore 7:00P Vinyasa Yoga	22 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) S1-5:30P Contact Boxing Bootcamp (fee) 6:00P Spinning 7:00P Zumba EVENT (fee) with Kara 7:00P Aqua Zumba	23 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	24 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
25 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	26 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) S1-6:00P Barre-Pilates Burn (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	27 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	28 6:00A Sunrise Circuit 10:00A Yoga 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Vinyasa Yoga	29 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	30 6:00A Sunrise Circuit 9:30A Spinning	31 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
No Classes for S1- Studio One March 28th - April 3rd.						

March 2018 GroupFit Schedule

MONDAY		3/5	3/12	3/19	3/26
S1-5:45 a.m. Early Risers Bootcamp (fee)		Kara	Kara	Kara	Kara
6:00 a.m. Sunrise Circuit		Seeneen	Seeneen	Seeneen	Seeneen
9:00 a.m. Spinning		Alex	Cheryl	Cheryl	Alex
5:30 p.m. Korean Karate (90 min. fee)		Gordon	Gordon	Gordon	Gordon
6:00 p.m. Water Fitness		Kristin	Kristin	Kristin	Kristin
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
S1-6:00 p.m. Barre-Pilates Burn (fee)		Kara	Kara	Kara	Kara
7:00 p.m. Hatha Yoga		Raluca	Lisa	Raluca	Raluca
TUESDAY		3/6	3/13	3/20	3/27
6:00 a.m. Spinning		Cheryl	Cheryl	Cheryl	Cheryl
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		Wilma	Wilma	Wilma	Wilma
9:05 a.m. Pilates Mix		Alexia	Alexia	Alexia	Alexia
6:00 p.m. Spinning		Jen	Jen	Jen	Jen
6:00 p.m. Pilates		Donna	Max	Donna	Donna
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
WEDNESDAY		3/7	3/14	3/21	3/28
S1-5:45 a.m. Early Risers Bootcamp (fee)		Kara	Kara	Kara	Kara
6:00 a.m. Sunrise Circuit		Linda	Linda	Linda	Linda
S1-9:00 a.m. Barre-Pilates Burn (fee)		Kara	Kara	Kara	Kara
10:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
6:00 p.m. Water Fitness		Debbie	Debbie	Debbie	Debbie
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Alexia
S1-6:15 p.m. H.I.I.T (fee)		Kara	Kara	Kara	Kara
7:00 p.m. Vinyasa Yoga		Raluca	Lisa	Raluca	Raluca
THURSDAY	3/1	3/8	3/15	3/22	3/29
6:00 a.m. Spinning	Jen	Jen	Jen	Jen	Jen
8:00 a.m. Yoga	Lisa	Lisa	Lisa	Raluca	Lisa
8:30 a.m. Water Fitness	Wilma	Debbie	Debbie	Debbie	Debbie
S1-9:00 a.m. Total Body Conditioning (fee)	Kara	Kara	Kara	Kara	Kara
9:05 a.m. Pilates Mix	Alexia	Alexia	Alexia	Alexia	Lisa
5:30 p.m. Korean Karate (90 min. fee)	Gordon	Gordon	Gordon	Gordon	Gordon
S1-5:30 p.m. Contact Boxing Bootcamp (fee)	Kara	Kara	Kara	Kara	Kara
6:00 p.m. Spinning	Erin	Erin	Erin	Erin	Erin
7:00 p.m. Zumba	Serita	Serita	Serita	Serita	Serita
FRIDAY	3/2	3/9	3/16	3/23	3/30
S1-5:45 a.m. Early Risers Bootcamp (fee)	Kara	Kara	Kara	Kara	Kara
6:00 a.m. Sunrise Circuit	Seeneen	Seeneen	Seeneen	Seeneen	Seeneen
9:30 a.m. Spinning	Jill	Jill	Jill	Jill	Jill
S1-10:00 a.m. Piloxing (fee)	Kara	Kara	Kara	Kara	Kara
SATURDAY	3/3	3/10	3/17	3/24	3/31
8:30 a.m. Circuit or Tabata	Linda	Linda	Linda	Linda	Linda
8:45 a.m. Water Fitness	Donna	Donna	Donna	Donna	Donna
9:00 a.m Spinning	Jen	Jen	Jen	Jen	Jen
S1-9:00 a.m. Circuit Bootcamp (fee)	Kara	Kara	Kara	Kara	Kara
10:15 a.m. Yoga (75 min) Upper	Raluca	Raluca	Raluca	Raluca	Raluca
SUNDAY	3/4	3/11	3/18	3/25	
8:30 a.m. Spinning	Cheryl	Cheryl	Cheryl	Cheryl	
9:00 a.m. Cardio Tennis FREE To Mem.	Grace	Grace	Grace	Grace	
9:00 a.m. Mat Power Pilates 75 min) Inter/Adv	Donna	Donna	Donna	Donna	