

# April 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <b>Happy Easter! Club is Closed</b>	2 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	3 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:00P Zumba	4 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	5 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	6 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	7 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
8 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	9 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	10 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:00P Zumba	11 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	12 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	13 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	14 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
15 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	16 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	17 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	18 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	19 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	20 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	21 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
22 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	23 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	24 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	25 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	26 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	27 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:30A Spinning S1-10:00A Piloxing (fee)	28 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
29 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	30 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	31 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	<b>Club Hours:</b> Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm  <b>S1- Studio One Schedule (fee) 2 FREE classes for DRHC Members: sign in at <a href="http://www.karatorres.com">www.karatorres.com</a> or front desk</b>		<b>Kids Club Hours:</b> Monday -Saturday 8:30am-12pm Monday - Thursday 5pm-8:00pm	

# April 2018 GroupFit Instructor Schedule

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