

May 2018 GroupFit Schedule

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

May 2018 GroupFit Instructor Schedule

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