

# June 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Club Hours:</b> Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm  <b>Kids Club Hours:</b> Monday -Saturday 8:30am-12pm Monday - Thursday 5pm-8:00pm  <b>S1- Studio One Schedule (fee)</b> 1 Free class for DRHC Members sign in at <a href="http://www.karatorres.com">www.karatorres.com</a> or at the front desk					1 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee)	2 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
3 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	4 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	5 6:00A Spinning 8:00A Yoga  9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:00P Zumba 7:15P Cardio Drumming	6 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	7 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	8 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee)	9 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
10 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	11 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 5:30P Karate (fee) S1-6:00P ZUMBA 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	12 6:00A Spinning 8:00A Yoga  9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba 7:15P Cardio Drumming	13 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	14 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) 6:00P Spinning 7:00P Zumba	15 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee)	16 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
17 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	18 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 10:15A Barre 5:30P Karate (fee) S1-6:00P ZUMBA 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	19 6:00A Spinning 8:00A Yoga  9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba 7:15P Cardio Drumming	20 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	21 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:15A 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	22 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:10A Contact (fee)	23 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
24 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	25 S1-5:45A Early Risers Bootcamp (fee) 6:00A Sunrise Circuit 9:00A Spinning 10:15A Barre 5:30P Karate (fee) S1-6:00P ZUMBA 6:00P Water Fitness 6:00P Full Body 6:30P Core Galore 7:00P Hatha Yoga	26 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba 7:15P Cardio Drumming	27 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	28 6:00A Spinning 8:00A Yoga 8:30A Water Fitness S1-9:15A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning 7:00P Zumba	29 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:10A Contact (fee)	30 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga

# June 2018 GroupFit Instructor Schedule

<b>MONDAY</b>		<b>6/4</b>	<b>6/11</b>	<b>6/18</b>	<b>6/25</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:00 a.m. Spinning		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>
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. ZUMBA with Kara (Free)			Kara	Kara	Kara
7:00 p.m. Hatha Yoga		Raluca	Raluca	Raluca	Raluca
<b>TUESDAY</b>		<b>6/5</b>	<b>6/12</b>	<b>6/19</b>	<b>6/26</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					Kristin
9:05 a.m. Pilates Mix		Lisa	Lisa	Lisa	Lisa
6:00 p.m. Spinning		Jen	Jen	Jen	Jen
6:00 p.m. Pilates		Alexia	Alexia	Alexia	Alexia
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
7:15p.m. Cardio Drumming (Free)			Kara	Kara	Kara
<b>WEDNESDAY</b>		<b>6/6</b>	<b>6/13</b>	<b>6/20</b>	<b>6/27</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		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>6/7</b>	<b>6/14</b>	<b>6/21</b>	<b>6/28</b>
6:00 a.m. Spinning		Jen	Jen	Jen	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>	
6:00 p.m. Spinning		Erin	Erin	Erin	Erin
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
<b>FRIDAY</b>	<b>6/1</b>	<b>6/8</b>	<b>6/15</b>	<b>6/22</b>	<b>6/29</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>
9:30 a.m. Spinning	Jill	Jill	Jill	Jill	Jill
S1-10:00 a.m. Contact (fee)	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
<b>SATURDAY</b>	<b>6/2</b>	<b>6/9</b>	<b>6/16</b>	<b>6/23</b>	<b>6/30</b>
8:30 a.m. Circuit or Tabata	Linda	Canceled	Linda	Linda	Linda
8:45 a.m. Water Fitness	Donna	Donna	Donna	Donna	Donna
9:00 a.m Spinning	Yvonne	Jen	Jen	Jen	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	Raluca
<b>SUNDAY</b>	<b>6/3</b>	<b>6/10</b>	<b>6/17</b>	<b>6/24</b>	
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	