

July 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	2 S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning 5:30P Karate (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	4 Happy 4th of July The Club is Closed	5 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	6 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (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) 9:00A Spinning 5:30P Karate (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 S1-9:00A 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	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) 9:30A Spinning S1-10:00A Contact (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) 9:00A Spinning 5:30P Karate (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 S1-9:00A 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	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) 6:00P Spinning 7:00P Zumba	20 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (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) 9:00A Spinning 10:15A Barre 5:30P Karate (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 S1-9:00A 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	26 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	27 S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:10A Contact (fee)	28 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
29 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	30 S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning 10:15A Barre 5:30P Karate (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	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			

July 2018 GroupFit Instructor Schedule

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