

September 2018 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	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 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
2 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	3 Happy Labor day! Club is Closed	4 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:00P Zumba	5 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 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	7 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee)	8 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
9 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	10 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	11 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	12 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	13 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	14 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee)	15 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
16 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	17 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	18 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	19 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	20 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	21 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:10A Contact (fee)	22 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
23 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	24 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	25 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:00P Zumba	26 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	27 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	28 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:10A Contact (fee)	29 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga

September 2018 GroupFit Instructor Schedule

MONDAY		9/3	9/10	9/17	9/24
S1-5:45 a.m. Early Risers Bootcamp (fee)			Kara	Kara	Kara
9:00 a.m. Spinning			Alex	Cheryl	Alex
5:30 p.m. Korean Karate (90 min. fee)		Club	Gordon	Gordon	Gordon
6:00 p.m. Water Fitness		is	Kristin	Kristin	Donna
6:00 p.m. Full Body & Core		Closed	Alexia	Alexia	Alexia
7:00 p.m. Hatha Yoga			Raluca	Raluca	Raluca
TUESDAY		9/4	9/11	9/18	9/25
6:00 a.m. Spinning		Cheryl	Cheryl	Cheryl	Cheryl
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Raluca
8:30 a.m. Water Fitness		Wilma	Wilma	Wilma	Wilma
9:05 a.m. Pilates Mix		Lisa	Lisa	Lisa	Alexia
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
WEDNESDAY		9/5	9/12	9/19	9/26
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 P.	Lisa P.
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	Raluca	Raluca	Raluca
THURSDAY		9/6	9/13	9/20	9/27
6:00 a.m. Spinning		Jen	Jen	Jen	Jen
8:00 a.m. Yoga		Lisa	Lisa	Raluca	Raluca
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		Erin	Erin	Erin	Erin
7:00 p.m. Zumba		Serita	Serita	Serita	Serita
FRIDAY		9/7	9/14	9/21	9/28
5:45 a.m. Sunrise Circuit		Kellie	Kellie	Kellie	Kellie
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	9/1	9/8	9/15	9/22	9/29
8:30 a.m. Circuit or Tabata	Linda	Linda	Alex	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	9/2	9/9	9/16	9/23	9/30
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