

October 2018 GroupFit Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
| | 1 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 6:00P Zumba Meet Kara FREE class 7:00P Hatha Yoga | 2 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:15P Total Body (fee) | 3 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 | 4 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 Meet Kara FREE class | 5 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee) | 6 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga |
| 7 9:00A Cardio Tennis 9:00A Mat Power Pilates | 8 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 6:00P Zumba \$5 drop in 7:00P Hatha Yoga | 9 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:15P Total Body (fee) | 10 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 | 11 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 \$5 drop in | 12 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee) | 13 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga |
| 14 9:00A Cardio Tennis 9:00A Mat Power Pilates | 15 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 6:00P Zumba \$5 drop in 7:00P Hatha Yoga | 16 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee) | 17 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 | 18 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 \$5 drop in | 19 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:00A Contact (fee) | 20 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga |
| 21 9:00A Cardio Tennis 9:00A Mat Power Pilates | 22 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 6:00P Zumba \$5 drop in 7:00P Hatha Yoga | 23 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee) | 24 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 | 25 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 \$5 drop in | 26 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:30A Spinning S1-10:10A Contact (fee) | 27 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga |
| 28 9:00A Cardio Tennis 9:00A Mat Power Pilates | 29 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 6:00P Zumba \$5 drop in 7:00P Hatha Yoga | 30 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee) | 31 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 | 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 | | |

October 2018 GroupFit Instructor Schedule

| MONDAY | 10/1 | 10/8 | 10/15 | 10/22 | 10/29 |
|---|---------------|---------------|---------------|---------------|---------------|
| S1-5:45 a.m. Early Risers Bootcamp (fee) | Kara | Kara | Kara | Kara | Kara |
| 9:00 a.m. Spinning (YELLOW) | Alex | Alex | Erin | Alex | Alex |
| 5:30 p.m. Korean Karate (90 min. fee) | Gordon | Gordon | Gordon | Gordon | Gordon |
| 6:00 p.m. Water Fitness (RED) | Donna | Kristin | Kristin | Kristin | Kristin |
| 6:00 p.m. Full Body & Core (GREEN) | Alexia | Alexia | Alexia | Alexia | Alexia |
| 6:00 Zumba (fee) | Kara | Kara | Kara | Kara | Kara |
| 7:00 p.m. Hatha Yoga (GREEN) | Raluca | Raluca | Raluca | Raluca | Raluca |
| TUESDAY | 10/2 | 10/9 | 10/16 | 10/23 | 10/30 |
| 6:00 a.m. Spinning (GREEN) | Cheryl | Cheryl | Cheryl | Cheryl | Cheryl |
| 8:00 a.m. Yoga (GREEN) | Raluca | Lisa | Lisa | Lisa | Lisa |
| 8:30 a.m. Water Fitness (RED) | Wilma | Wilma | Wilma | Wilma | Wilma |
| 9:05 a.m. Pilates Mix (YELLOW) | Alexia | Lisa | Lisa | Lisa | Lisa |
| 6:00 p.m. Spinning (RED) | Jen | Jen | Jen | Jen | Jen |
| 6:00 p.m. Pilates (RED) | Alexia | Alexia | Alexia | Alexia | Alexia |
| 7:15 p.m. Total Body (fee) | Kara | Kara | Kara | Kara | Kara |
| WEDNESDAY | 10/3 | 10/10 | 10/17 | 10/24 | 10/31 |
| S1-5:45 a.m. Early Risers Bootcamp (fee) | Kara | Kara | Kara | Kara | Kara |
| 6:00 a.m. Sunrise Circuit (YELLOW) | Linda | Linda | Linda | Linda | Linda |
| S1-9:00 a.m. Barre-Pilates Burn (fee) | Kara | Kara | Kara | Kara | Kara |
| 10:00 a.m. Yoga (GREEN) | Cancelled | Lisa | Lisa | Lisa | Lisa |
| 6:00 p.m. Water Fitness (YELLOW) | Debbie | Debbie | Debbie | Debbie | Debbie |
| 6:00 p.m. Full Body & Core (GREEN) | 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 (GREEN) | Raluca | Raluca | Raluca | Raluca | Raluca |
| THURSDAY | 10/4 | 10/11 | 10/18 | 10/25 | |
| 6:00 a.m. Spinning (YELLOW) | Jen | Jen | Alex | Jen | |
| 8:00 a.m. Yoga (GREEN) | Raluca | Lisa | Lisa | Raluca | |
| 8:30 a.m. Water Fitness (RED) | Debbie | Debbie | Debbie | Debbie | |
| S1-9:00 a.m. Total Body Conditioning (fee) | Kara | Kara | Kara | Kara | |
| 9:05 a.m. Pilates Mix (YELLOW) | 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 (RED) | Erin | Erin | Erin | Erin | |
| 7:00 p.m. Zumba (fee) | Kara | Kara | Kara | Kara | |
| FRIDAY | 10/5 | 10/12 | 10/19 | 10/26 | |
| 5:45 a.m. Sunrise Circuit (YELLOW) | Kellie | Kellie | Kellie | Kellie | |
| S1-5:45 a.m. Early Risers Bootcamp (fee) | Kara | Kara | Kara | Kara | |
| 9:30 a.m. Spinning (RED) | Jill | Jill | Jill | Jill | |
| S1-10:00 a.m. Contact (fee) | Kara | Kara | Kara | Kara | |
| SATURDAY | 10/6 | 10/13 | 10/20 | 10/27 | |
| 8:30 a.m. Circuit or Tabata (GREEN) | Linda | Linda | Linda | Linda | |
| 8:45 a.m. Water Fitness (GREEN) | Donna | Donna | Donna | Donna | |
| 9:00 a.m Spinning (RED) | Jen | Jen | Cheryl | Jen | |
| S1-9:00 a.m. Circuit Bootcamp (fee) | Kara | Kara | Kara | Kara | |
| 10:15 a.m. Yoga (75 min) Upper (GREEN) | Raluca | Raluca | Raluca | Raluca | |
| SUNDAY | 10/7 | 10/14 | 10/21 | 10/28 | |
| 9:00 a.m. Cardio Tennis FREE To Mem. | Francisco | Francisco | Francisco | Francisco | |
| 9:00 a.m. Mat Power Pilates 75 min) Inter/Adv (YELLOW) | Donna | Donna | Donna | Donna | |