

# November 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 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	2 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	3 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
4 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	5 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	6 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)	7 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	8 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	9 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	10 8:30A Circuit 8:45A Water Fitness S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
11 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	12 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	13 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)	14 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	15 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	16 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	17 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
18 8:30A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	19 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	20 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)	21 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	22 <b>7:30A - 9A                      Turkey Torture Spin                      With Erin/Kellie                      8:00A - 9:30A                      Stay Calm Yoga                      With Raluca                      8:30A - 9:30A                      Before the Feast                      Water Fitness                      With Donna</b>  <b>Happy Thanksgiving                      Club Closes @ 1pm</b>	23 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:10A Contact (fee)	24 8:30A Circuit 8:45A Water Fitness 9:00A Spinning 10:15A Yoga
25 9:00A Cardio Tennis 9:00A Mat Power Pilates	26 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	27 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)	28 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	29 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	30 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:10A Contact (fee)	

# November 2018 GroupFit Instructor Schedule

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