

January 2019 GroupFit Schedule

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

January 2019 GroupFit Instructor Schedule

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