

March 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 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	2 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
3 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	4 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	5 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)	6 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	7 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	8 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	9 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
10 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	11 S1-5:45A Early Risers Bootcamp (fee) 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	12 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Pilates 7:15P Total Body (fee)	13 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	14 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	15 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	16 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
17 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	18 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	19 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)	20 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	21 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)	22 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	23 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
24 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	25 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	26 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)	27 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	28 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	29 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	30 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
31 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	6:30P Core Galore 6:00P Zumba \$5 drop in 7:00P Hatha Yoga					

March 2019 GroupFit Instructor Schedule

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