

April 2019 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 \$5 drop in 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 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	5 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A 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 8:00A Spinning 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 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	12 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A 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 8:00A Spinning 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 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	19 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A 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 Happy Easter The Club is Closed!	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 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)	26 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	27 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
28 8:00 am Spinning 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)	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			

April 2019 GroupFit Instructor Schedule

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