

May 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 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	2 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	3 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	4 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
5 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	6 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	7 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)	8 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	9 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	10 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	11 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
12 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	13 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	14 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)	15 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	16 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	17 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	18 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
19 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	20 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	21 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)	22 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	23 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)	24 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	25 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
26 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	27 In Observance of Memorial Day the Club is Closed.	28 6:00A Spinning 8:00A Yoga 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee)	29 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	30 5:45A Spinning 8:00A Yoga S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee)	31 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	

May 2019 GroupFit Instructor Schedule

MONDAY		5/6	5/13	5/20	5/27
S1-5:45 a.m. Early Risers Bootcamp (fee)		Kara	Kara	Kara	In
9:00 a.m. Spinning		Alex	Alex	Alex	Observance
5:30 p.m. Korean Karate (90 min. fee)		Gordon	Gordon	Gordon	of
6:00 p.m. Water Fitness		Kristin	Kristin	Kristin	Day
6:00 p.m. Full Body & Core		Alexia	Alexia	Alexia	Club is
6:00 Zumba (fee)		Kara	Kara	Kara	Closed
7:00 p.m. Hatha Yoga		Raluca	Raluca	Raluca	
TUESDAY		5/7	5/14	5/21	5/28
6:00 a.m. Spinning		Kellie	Kellie	Kellie	Cheryl
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		Wilma	Wilma	Wilma	Cancelled
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	5/1	5/8	5/15	5/22	5/29
S1-5:45 a.m. Early Risers Bootcamp (fee)	Kara	Kara	Kara	Kara	Kara
6:00 a.m. Sunrise Circuit	Linda	Linda	Linda	Linda	Kellie
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	Katherine	Katherine	Katherine	Katherine	Katherine
S1-6:15 p.m. H.I.I.T (fee)	Kara	Kara	Kara	Kara	Kara
7:00 p.m. Vinyasa Yoga	Raluca	Raluca	Raluca	Raluca	Raluca
THURSDAY	5/2	5/9	5/16	5/23	5/30
5:45 a.m. Spinning	Kellie	Kellie	Kellie	Kellie	Kellie
8:00 a.m. Yoga	Lisa	Lisa	Lisa	Lisa	Raluca
8:30 a.m. Water Fitness	Debbie	Debbie	Debbie	Debbie	Cancelled
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	Alex	Max
FRIDAY	5/3	5/10	5/17	5/24	5/31
5:45 a.m. Sunrise Circuit	Kellie	Kellie	Kellie	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	5/4	5/11	5/18	5/25	
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	Lisa	Raluca	
SUNDAY	5/5	5/12	5/19	5/26	
8:00 a.m. Spinning	Max	Max	Max	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.	Max	Donna	Donna	Donna	