

June 2019 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	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 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
2 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	3 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	4 6:00A Spinning 8:00A Yoga 9:05A Pilates Mix 6:00P Pilates 6:00P Spinning 7:15P Total Body (fee)	5 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	6 5:45A Spinning 8:00A Yoga 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 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	8 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
9 8:00A Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	10 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	11 6:00A Spinning 8:00A Yoga 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee)	12 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	13 5:45A Spinning 8:00A Yoga S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning	14 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	15 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
16 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	17 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	18 6:00A Spinning 8:00A Yoga 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee)	19 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	20 5:45A Spinning 8:00A Yoga S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning	21 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	22 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
23 8:00 am Spinning 9:00A Cardio Tennis 9:00A Mat Power Pilates	24 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	25 6:00A Spinning 8:00A Yoga 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates 7:15P Total Body (fee)	26 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	27 5:45A Spinning 8:00A Yoga S1-9:00A Total Body Conditioning (fee) 9:05A Pilates Mix 5:30P Karate (fee) 6:00P Spinning	28 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning S1-10:00A Contact (fee)	29 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga

June 2019 GroupFit Instructor Schedule

MONDAY		6/3	6/10	6/17	6/24
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		Donna	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		6/4	6/11	6/18	6/25
6:00 a.m. Spinning		Erin	Erin	Erin	Erin
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
9:05 a.m. Pilates Mix		Lisa	Lisa	Lisa	Lisa
6:00 p.m. Spinning		Max	Cheryl	Cheryl	Cheryl
6:00 p.m. Pilates		Donna	Donna	Donna	Donna
7:15 p.m. Total Body (fee)		Kara	Kara	Kara	Kara
WEDNESDAY		6/5	6/12	6/19	6/26
S1-5:45 a.m. Early Risers Bootcamp (fee)		Kara	Kara	Kara	Kara
6:00 a.m. Sunrise Circuit		Kellie	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	Donna
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		Cancelled	Raluca	Raluca	Raluca
THURSDAY		6/6	6/13	6/20	6/27
5:45 a.m. Spinning		Kellie	Kellie	Kellie	Kellie
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
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		Sherry	Sherry	Max	Sherry
FRIDAY		6/7	6/14	6/21	6/28
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	6/1	6/8	6/15	6/22	6/29
8:30 a.m. Circuit or Tabata	Kellie	Linda	Alex	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	Raluca	Lisa	Lisa	Lisa
SUNDAY	6/2	6/9	6/16	6/23	6/30
8:00 a.m. Spinning	Max	Cheryl	Cheryl	Yvonne	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	Max	Donna	Donna