

# September 2019 GroupFit Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00A Spinning 9:00A Mat Power Pilates 10:00A Cardio Tennis	2  <b>Club is closed in observation of Labor Day</b>	3 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates	4 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 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	6 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning	7 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
8 8:00A Spinning 9:00A Mat Power Pilates 10:00A Cardio Tennis	9 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 7:00P Hatha Yoga	10 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates	11 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	12 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	13 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning	14 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp (fee) 10:15A Yoga
15 8:00A Spinning 9:00A Mat Power Pilates 10:00A Cardio Tennis	16 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 7:00P Hatha Yoga	17 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates	18 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	19 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	20 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning	21 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
22 8:00A Spinning 9:00A Mat Power Pilates 10:00A Cardio Tennis	23 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 7:00P Hatha Yoga	24 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Pilates Mix 6:00P Spinning 6:00P Pilates	25 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	26 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	27 5:45A Sunrise Circuit S1-5:45A Early Risers Bootcamp (fee) 9:00A Spinning	28 8:30A Circuit 8:45A Water Fitness 9:00A Spinning S1-9:00A Circuit Bootcamp 10:15A Yoga
29 8:00 am Spinning 9:00A Mat Power Pilates 10:00A Cardio Tennis	30 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 7:00P Hatha Yoga	<b>Club Hours:</b> Monday-Friday 5am-10pm Saturday & Sunday 7am-7pm  <b>Kids Club Hours:</b> Monday -Saturday 8:30am-12pm Monday - Thursday 5pm-8:00pm  S1- Studio One \$chedule (fee) 1 Free class for DRHC Members sign in at <a href="http://www.karatorres.com">www.karatorres.com</a> or at the front desk				

# September 2019 GroupFit Instructor Schedule

<b>MONDAY</b>	<b>9/30</b>	<b>9/2</b>	<b>9/9</b>	<b>9/16</b>	<b>9/23</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)	<b>Kara</b>		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:00 a.m. Spinning	Alex	<b>Club is</b>	Alex	Alex	Alex
5:30 p.m. Korean Karate (90 min. fee)	<b>Gordon</b>	<b>Closed</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>
6:00 p.m. Water Fitness	Kristin	<b>Labor</b>	Kristin	Kristin	Wilma
6:00 p.m. Full Body & Core	Alexia	<b>Day</b>	Alexia	Alexia	Alexia
7:00 p.m. Hatha Yoga	Raluca		Raluca	Raluca	Raluca
<b>TUESDAY</b>		<b>9/3</b>	<b>9/10</b>	<b>9/17</b>	<b>9/24</b>
6:00 a.m. Spinning		Erin	Erin	Erin	Erin
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		Cheryl	Cheryl	Cheryl	Cheryl
6:00 p.m. Pilates		Max	Max	Max	Max
<b>WEDNESDAY</b>		<b>9/4</b>	<b>9/11</b>	<b>9/18</b>	<b>9/25</b>
S1-5:45 a.m. Early Risers Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
6:00 a.m. Sunrise Circuit		Linda	Linda	Linda	Linda
S1-9:00 a.m. Barre-Pilates Burn (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
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)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
7:00 p.m. Vinyasa Yoga		Raluca	Raluca	Raluca	Raluca
<b>THURSDAY</b>		<b>9/5</b>	<b>9/12</b>	<b>9/19</b>	<b>9/26</b>
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)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:05 a.m. Pilates Mix		Alexia	Alexia	Alexia	Alexia
5:30 p.m. Korean Karate (90 min. fee)		<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>	<b>Gordon</b>
S1-5:30 p.m. Contact Boxing Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
6:00 p.m. Spinning		Jen	Jen	Jen	Jen
<b>FRIDAY</b>		<b>9/6</b>	<b>9/13</b>	<b>9/20</b>	<b>9/27</b>
5:45 a.m. Sunrise Circuit		Kellie	Kellie	Kellie	Kellie
S1-5:45 a.m. Early Risers Bootcamp (fee)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
9:00 a.m. Spinning		Jill	Jill	Jill	Jill
<b>SATURDAY</b>		<b>9/7</b>	<b>9/14</b>	<b>9/21</b>	<b>9/28</b>
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)		<b>Kara</b>	<b>Kara</b>	<b>Kara</b>	<b>Kara</b>
10:15 a.m. Yoga (75 min) Upper		Raluca	Raluca	Raluca	Raluca
<b>SUNDAY</b>	<b>9/1</b>	<b>9/8</b>	<b>9/15</b>	<b>9/22</b>	<b>9/29</b>
8:00 a.m. Spinning	Cheryl	Cheryl	Cheryl	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