

March 2020 GroupFit Instructor Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00A Spinning 9:00A Mat Power Pilates 10:00A Cardio Tennis	2 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	3 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Yoga/Sculpt 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 7:00P Yoga Sculpt	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 Yoga/Sculpt 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 7:00P Yoga Sculpt	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 Yoga/Sculpt 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 7:00P Yoga Sculpt	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 (fee) 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 Yoga/Sculpt 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 7:00P Yoga Sculpt	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 (fee) 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	31 6:00A Spinning 8:00A Yoga 8:30A Water Fitness 9:05A Yoga/Sculpt 6:00P Spinning 6:00P 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			

March 2020 GroupFit Instructor Schedule

MONDAY	3/30	3/2	3/9	3/16	3/23
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	Kristin	Kristin	Kristin	Kristin	Kristin
6:00 p.m. Full Body & Core	Alexia	Alexia	Alexia	Alexia	Alexia
7:00 p.m. Hatha Yoga	Raluca	Raluca	Lisa	Raluca	Raluca
TUESDAY	3/31	3/3	3/10	3/17	3/24
6:00 a.m. Spinning	Erin	Erin	Erin	Erin	Yvonne
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	Kathryn	Kathryn	Kathryn	Kathryn	Kathryn
6:00 p.m. Spinning	Cheryl	Cheryl	Cheryl	Cheryl	Cheryl
6:00 p.m. Pilates	Max	Max	Donna	Donna	Donna
WEDNESDAY		3/4	3/11	3/18	3/25
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		Wilma	Wilma	Wilma	Wilma
6:00 p.m. Full Body & Core		Max	Kathryn	Kathryn	Max
S1-6:15 p.m. H.I.I.T (fee)		Kara	Kara	Kara	Kara
7:00 p.m. Vinyasa Yoga		Lisa	Raluca	Raluca	Raluca
THURSDAY		3/5	3/12	3/19	3/26
5:45 a.m. Spinning		Kellie	Kellie	Kellie	Kellie
8:00 a.m. Yoga		Lisa	Lisa	Lisa	Lisa
8:30 a.m. Water Fitness		Wilma	Wilma	Wilma	Wilma
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		Jen	Jen	Jen	Yvonne
7:00 p.m. Yoga/Sculpt		Kathryn	Kathryn	Kathryn	Kathryn
FRIDAY		3/6	3/13	3/20	3/27
5:45 a.m. Sunrise Circuit		Kellie	Kellie	Al	Kellie
S1-5:45 a.m. Early Risers Bootcamp (fee)		Kara	Kara	Kara	Kara
9:00 a.m. Spinning		Yvonne	Yvonne	Yvonne	Yvonne
SATURDAY		3/7	3/14	3/21	3/28
8:30 a.m. Circuit or Tabata		Al	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		Lynn	Raluca	Raluca	Raluca
SUNDAY	3/1	3/8	3/15	3/22	3/29
8:00 a.m. Spinning	Cheryl	Cheryl	Cheryl	Cheryl	Cheryl
10:00 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