

ALL CLASS SCHEDULE – DHF NORTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>7:00 AM</u> GOOD VIBES YOGA (GROUP EX STUDIO)		<u>7:00 AM</u> GOOD VIBES YOGA (GROUP EX STUDIO)		
	<u>8:00 AM</u> BARRE (GROUP EX STUDIO)		<u>8:00 AM</u> PILATES (GROUP EX STUDIO)	<u>8:00 AM</u> HIIT (GROUP EX STUDIO)	<u>8:15 AM</u> Athletic Yoga (GROUP EX STUDIO)
<u>8:00 AM</u> CYCLE JAM (CYCLE STUDIO)	<u>8:00 AM</u> CYCLE JAM 45 (CYCLE STUDIO)	<u>8:00 AM</u> CYCLE JAM (CYCLE STUDIO)	<u>8:00 AM</u> CYCLE JAM 45 (CYCLE STUDIO)		<u>9:15 AM</u> ZUMBA (GROUP EX STUDIO)
<u>9:00 AM</u> GENTLE YOGA (GROUP EX STUDIO)	<u>9:00 AM</u> BODY PUMP (GROUP EX STUDIO)	<u>10:00 AM</u> STRETCH & FLEX (GROUP EX STUDIO)	<u>9:00 AM</u> BODY PUMP (GROUP EX STUDIO)	<u>9:00 AM</u> WORK/O RECOV 30 (GROUP EX STUDIO)	<u>9:00 AM</u> CYCLE JAM (CYCLE STUDIO)
<u>11:00 AM</u> TOTAL BODY (GROUP EX STUDIO)	<u>10:00 AM</u> SHAPES (GROUP EX STUDIO)	<u>11:00 AM</u> TOTAL BODY (GROUP EX STUDIO)	<u>10:00 AM</u> SHAPES (GROUP EX STUDIO)	<u>11:00 AM</u> TOTAL BODY (GROUP EX STUDIO)	
<u>5:30 PM</u> BODY PUMP (GROUP EX STUDIO)	<u>5:30 PM</u> GOOD VIBES YOGA 45 (GROUP EX STUDIO)	<u>5:30 PM</u> BODY PUMP (GROUP EX STUDIO)	<u>11:00 AM</u> STRETCH & FLEX (GROUP EX STUDIO)		
<u>6:00 PM</u> CYCLE EXPRESS 30 (CYCLE STUDIO)		<u>6:30 PM</u> CYCLE EXPRESS 30 (CYCLE STUDIO)	<u>5:30 PM</u> GOOD VIBES YOGA 45 (GROUP EX STUDIO)	** ALL CLASSES ARE 60 MIN UNLESS OTHERWISE INDICATED	
<u>6:30 PM</u> GOOD VIBES YOGA (GROUP EX STUDIO)	<u>6:15 PM</u> ZUMBA – VIRTUAL (GROUP EX STUDIO)		<u>6:00 PM</u> CYCLE EXPRESS 30 (CYCLE STUDIO)		

PLEASE SIGN UP WITHIN 24 HOURS OF CLASS ON THE “DHF OFFICIAL APP”