

ALL CLASS SCHEDULE – DHF SOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:15 AM</u> CYCLE JAM (CYCLE STUDIO) *45 MIN	<u>7:15 AM</u> WORKOUT RECOVERY (MIND/BODY STUDIO) *30MIN	<u>8:00 AM</u> STRENGTH (GROUP EX STUDIO)	<u>7:15 AM</u> WORKOUT RECOVERY (MIND/BODY STUDIO) *30MIN	<u>8:00 AM</u> STRENGTH (GROUP EX STUDIO)	
<u>9:00 AM</u> HIIT (GROUP EX STUDIO)			<u>9:00 AM</u> HIIT (GROUP EX STUDIO)	<u>9:00 AM</u> CYCLE JAM (CYCLE STUDIO) *45 MIN	<u>9:00 AM</u> ATHLETIC YOGA (MIND/BODY STUDIO)
<u>9:15 AM</u> BUTTS N GUTS 30 (MIND/BODY STUDIO)	<u>9:00 AM</u> VIRTUAL BODY PUMP (GROUP EX STUDIO)			<u>10:15 AM</u> BODY PUMP (GROUP EX STUDIO)	<u>9:30 AM</u> CYCLE JAM (CYCLE STUDIO)
<u>10:00 AM</u> GENTLE YOGA (MIND/BODY STUDIO)	<u>10:00 AM</u> SHAPES (GROUP EX STUDIO)	<u>10:00 AM</u> GENTLE YOGA (MIND/BODY STUDIO)		<u>11:30 AM</u> WORKOUT RECOVERY (MIND/BODY STUDIO)	
<u>10:15 AM</u> BODY PUMP (GROUP EX STUDIO)		<u>10:00 AM</u> VIRTUAL BODY PUMP (GROUP EX STUDIO)	<u>11:30 AM</u> SHAPES (GROUP EX STUDIO)		
<u>11:30 AM</u> SHAPES (GROUP EX STUDIO)	<u>6:00 PM</u> BODY PUMP (GROUP EX STUDIO)		<u>6:00 PM</u> SHAPES (GROUP EX STUDIO)	** ALL CLASSES ARE 60 MIN UNLESS OTHERWISE INDICATED	
			<u>7:00 PM</u> WORKOUT RECOVERY (MIND/BODY STUDIO)		

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