

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am	Tai Chi ॐ 10—11 Exercise Studio		Tai Chi ॐ 10—11 Exercise Studio			Yoga ॐ 10:00— 11:00 Exercise Studio
10:30 am		Flow Yoga 10:30—11:15 Exercise Studio		Flow Yoga 10:30-11:15 Exercise Studio	Gentle Yoga ॐ 10:30—11:30 Integrative Medicine Workshop D	
11:30 am		Yoga ॐ 11:30—12:30 Exercise Studio		Pilates 11:30—12:30 Exercise Studio		
12:00 pm					Gentle Yoga 12:00—1:00 ॐ Integrative Medicine	
5:15 pm		Pilates 5:15—6:15 Main Gym Floor				
6:00 pm			Yoga ॐ 6:00-7:00 Exercise Studio			



MIND | BODY CLASSES THAT REQUIRE A MONTHLY PASS OR INDIVIDUAL TICKET PURCHASE

All DHFC Members—\$15 per month—unlimited classes

Non- Members—\$15 per class or buy 10 get 2 free

Tickets must be purchased at the Front Desk