

March 2019



Tribe Wellness Group Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	26 Box 1:30-2:30 (gym) Box 3-4PM (gym) Kung Fu Pandas 6-7pm	27 Beginner Tai Chi 9-10 (gym) Box 1:30-2:30 (church)	28 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	1 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	2
3	4 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	5 Box 1:30-2:30 (gym) Box 3-4PM (gym) Pilates with Monique 6:30-7:30 PM (gym)	6 Beginner Tai Chi: 9-10 (gym) Balance & Core with Erin 11-12(gym) Box 1:30-2:30 (church)	7 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	8 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	9 PVP Lecture Dr. Jankovic "Emerging Therapies"
10 DAYLIGHT SAVINGS! ***DAPS meeting Tomorrow	11 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	12 Box 1:30-2:30 (gym) Box 3-4PM (gym) Pilates with Monique 6:30-7:30 PM (gym)	13 Beginner Tai Chi: 9-10 (gym) Balance & Core with Erin 11-12(gym) Box 1:30-2:30 (church)	14 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	15 <i>BALANCE - NOT TAI CHI</i> 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	16
17	18 Box 9:30-10:30 (gym) <i>BALANCE (NOT TAI CHI)</i> 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	19 Box 1:30-2:30 (gym) Box 3-4PM (gym) Pilates with Monique 6:30-7:30 PM (gym)	20 Beginner Tai Chi: 9-10 (gym) Balance & Core with Erin 11-12(gym) Box 1:30-2:30 (church)	21 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	22 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	23 PEAK PERFORMERS HIKING MEETING 1PM @ GYM
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Note: Pilates & Balance Classes require separate sign up

Mike out of town, Erin Substitute Teaching 3/15-3/17

Gym Address

100 N Cottonwood Dr.
STE 108
Richardson, TX 75080

Church Address

6315 Walnut Hill Lane
Dallas, TX 75230

DAPS Members \$10/class

Non-members \$15.00/class

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