

# April 2019

## Tribe Wellness Group Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	2 Box 1:30-2:30 (gym) Box 3-4PM (gym) <b>Pilates with Monique 6:30-7:30 PM (gym)</b>	3 Beginner Tai Chi: 9-10 (gym) <b>Balance &amp; Core with Erin 11-12(gym)</b> Box 1:30-2:30 (church)	4 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	5 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	6 PRACTICE HIKE @ BEN'S DALLAS YOGA & FITNESS FEST at AT&T PERFORMING ARTS
7	8 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	9 Box 1:30-2:30 (gym) Box 3-4PM (gym) <b>Pilates with Monique 6:30-7:30 PM (gym)</b>	10 Beginner Tai Chi: 9-10 (gym) <b>Balance &amp; Core with Erin 11-12(gym)</b> Box 1:30-2:30 (church)	11 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	12 <b>BALANCE - NOT TAI CHI 10:45-11:45AM (gym)</b> <b>Boxing 1:30-2:30 (Gym)</b> Peak Performers Hike #2 in Austin	13 DAVIS PHINNEY FOUNDATION VICTORY SUMMIT AUSTIN
14	15 DAPS Monthly Meeting <b>BALANCE - NOT TAI CHI 10:45-11:45aM</b> Box 1:30-2:30PM (church) Boxing 6:30 (gym)	16 Box 1:30-2:30 (gym) Box 3-4PM (gym) <b>Balance &amp; Core with Erin 6:30-7:30 PM (gym)</b>	17 Beginner Tai Chi: 9-10 (gym) <b>Balance &amp; Core with Erin 11-12(gym)</b> Box 1:30-2:30 (church)	18 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	19 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	20
21	22 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM *GYM* Boxing 6:30 (gym)	23 Box 1:30-2:30 (gym) Box 3-4PM (gym) <b>Balance &amp; Core with Erin 6:30-7:30 PM (gym)</b>	24 Beginner Tai Chi: 9-10 (gym) <b>Balance &amp; Core with Erin 11-12(gym)</b> Box 1:30-2:30 (church)	25 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	26 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	27 WORLD TAI CHI AND QIGONG DAY 10:00 AM
28	29 Box 9:30-10:30 (gym) Beginner Tai Chi 10:45-11:45 (gym) Box 1:30-2:30PM (church) Boxing 6:30 (gym)	30 Box 1:30-2:30 (gym) Box 3-4PM (gym) <b>Balance &amp; Core with Erin 6:30-7:30 PM (gym)</b>	1 Beginner Tai Chi: 9-10 (gym) <b>Balance &amp; Core with Erin 11-12(gym)</b> Box 1:30-2:30 (church)	2 Intermediate Tai Chi 10:45-11:45 (gym) Boxing 6:30-7:30PM (Gym)	3 Beginner Tai Chi 10:45-11:45AM (gym) Box 1:30-2:30 (gym) BOX 3-4PM (GYM)	4 PVP TALK WALK NORTH PARK MALL



### NOTES:

#### Gym Address

100 N Cottonwood Dr.  
STE 108  
Richardson, TX 75080

#### Church Address

6315 Walnut Hill Lane  
Dallas, TX 75230

\*Pilates & Balance Classes require separate sign up

DAPS Members \$10/class

Non-members \$15.00/class

\*Church Closed on Easter Monday (4/22) - Boxing at the Gym

