



FEBRUARY CLASS SCHEDULES

For schedule changes and class descriptions visit www.powerplayfitness.com

6090 Campbell Road Suite 136
Dallas TX, 75248
972-759-4686

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am Essential Flow YOGA	6:00 am Essential Flow YOGA	6:00 am Essential Flow YOGA	6:00 am Essential Flow YOGA	6:00 am Essential Flow YOGA
6:00 am CYCLING	6:00 am Muscle Mechanics	6:00 am CYCLING	6:00 am Muscle Mechanics	6:00 am CYCLING
	6:00 am CYCLING	8:00 am Muscle Mechanics	8:00 am CYCLING	8:00 am CYCLING
8:30 am CYCLING	8:00 am CYCLING	8:30 am CYCLING	8:30 am All Levels YOGA	
	8:30 am All Levels YOGA			
		9:15 am Semi-Private Rebounder	9:15 am Veronica's Special	
9:30 am Power Flow 2/3 YOGA	9:30 am Semi-Private Rebounder	9:30 am Power Flow 2/3 YOGA		
11:30 am Kettlebell	12:00 pm Senior Circuit		12:00 pm Senior Circuit	
6:15 pm CYCLING			6:00 pm CYCLING	
6:15 pm All Levels	6:15 pm Power Flow 2/3 YOGA	6:15 pm Freestyle Power Series 3	6:15 pm Power Flow 2/3 YOGA	
	6:15 pm Cardio Kick Boxing Feb 9th only	6 pm Taekwondo Family Call Scott for details and price		6 pm Taekwondo Family Call Scott for Details and price
7 pm Hapkido Call Scott for details and price		7 pm Hapkido Call Scott for details and price		7 pm Hapkido Call Scott for details and price
7:30 pm Vertical Fitness - Level 1 RSVP to 972 679-1020	7:30 pm Vertical Fitness - Level 1 RSVP to 972 679-1020	7:30 pm Vertical Fitness -Open RSVP to 972 679-1020	7:30 pm Vertical Fitness - Open RSVP to 972 679-1020	
8 pm Arnis Call Scott for details and price		8 pm Arnis Call Scott for details and price		
Saturday	Sunday	ANNOUNCEMENTS	PRICING	LEGEND
8:00 am CYCLING 1 hr 30 min.		<i>CLASSES IN ITALICS ARE SUBJECT TO CANCELLATION IN IF PARTICIPATION DOES NOT INCREASE</i>	PAY-PER-CLASS MEMBERS AND NON-MEMBERS ONLY \$15 PER CLASS FOR DROP-INS	CLASSES IN BLACK ARE FREE TO MEMBERS
9:00 am All Levels	9:00 am The Basics Beginner YOGA		PRE-PAID PUNCH-CARD PACKAGES	CLASSES IN BLACK REQUIRE PAY-PER-CLASS OR PUNCHCARD FOR ALL NON-MEMBERS
9:15 am Saturday Blast			10-PACK MEMBER - \$120 10-PACK NON-MEMBER - \$130	CLASSES IN COLOR REQUIRE PAY-PER-CLASS OR PUNCHCARD FOR MEMBERS AND NON-MEMBERS
	10:00 am CYCLING		20-PACK MEMBER - \$200 20-PACK NON-MEMBER - \$220	
	10:15 am Power Flow 2/ 3 YOGA		UNLIMITED HOT YOGA \$99 auto debit with one year commitment \$120 auto debit with month-to-month	
			UNLIMITED FAMILY HOT YOGA \$180 auto debit with month-to-month	
			SEMI-PRIVATE & SPECIAL CLASSES Beck Martial Arts are in Blue. Contact Scott for details	For questions, contact Scott Calacci Office: 972.759.4686 Mobile: 214.444.UFIT scott@powerplayfitness.com
			KETTLEBELL - \$35 per class	
			REBOUNDER - \$25 per class	