



JULY 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 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 | | | 9:30am 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 | | |
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| | 11:30am CYCLING | 10:00am Group Train with Melanie | | 10:30am Group Train with Melanie |
| 11:30 am Kettlebell | | \$15 per session | | \$15 per session |
| | | 11:00am Silks | | |
| | | RSVP to 972 679-1020 | | |
| 6:15 pm CYCLING | | | 6:00 pm CYCLING | |
| 6:15 pm All Levels | 6:15 pm All Levels | 6:15 pm All Levels | 6:15 pm All Levels | |
| | | | | |
| | 6:30pm Silks | 6 pm Martial Fitness | | 6 pm Martial Fitness |
| 7 Hapkido | RSVP to 972 679-1020 | 7 pm Hapkido | | 7 pm Hapkido |
| | | | | |
| 7:45 pm Vertical Fitness - Level 1 | 7:45 pm Vertical Fitness - Level 1 | 7:45 pm Vertical Fitness -Open | 7:45 pm Vertical Fitness - Open | |
| RSVP to 972 679-1020 | RSVP to 972 679-1020 | RSVP to 972 679-1020 | RSVP to 972 679-1020 | |
| 8 pm Arnis | | 8 pm Arnis | | |
| | | | | |
| 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 | CLASSES IN BLACK ARE FREE TO MEMBERS |
| 9:00 am All Levels | 9:00 am The Basics Beginner YOGA | | MEMBERS AND NON-MEMBERS ONLY \$15 PER CLASS FOR DROP-INS | CLASSES IN BLACK REQUIRE PAY-PER-CLASS OR PUNCHCARD FOR ALL NON-MEMBERS |
| 9:15 am Saturday Blast | | PRE-PAID PUNCH-CARD PACKAGES | CLASSES IN COLOR REQUIRE PAY-PER-CLASS OR PUNCHCARD FOR MEMBERS AND NON-MEMBERS | |
| | 10:00 am CYCLING | 10-PACK MEMBER - \$120 10-PACK NON-MEMBER - \$130 | | UNLIMITED HOT YOGA \$99 auto debit with one year commitment \$120 auto debit with month-to-month |
| | 10:15 am Power Flow 2/ 3 YOGA | 20-PACK MEMBER - \$200 20-PACK NON-MEMBER - \$220 | 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 KETTLEBELL - \$35 per class REBOUNDER - \$25 per class |
| | | | For questions, contact Scott Calacci Office: 972.759.4686 Mobile: 214.444.UFIT scott@powerplayfitness.com | |
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