



# JANUARY CLASS SCHEDULES

For schedule changes and class descriptions visit [www.powerplayfitness.com](http://www.powerplayfitness.com)

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

Monday	Tuesday	Wednesday	Thursday	Friday
	6:00am Essential Flow Hot Yoga	6:00am Essential Flow Hot Yoga	6:00am Essential Flow Hot Yoga	
6:00 am CYCLING	6:00 am Muscle Mechanics	6:00 am CYCLING	6:00 am Muscle Mechanics	6:00 am CYCLING
6:00am TRX Group	6:00 am CYCLING		8:00 am CYCLING	8:00 am CYCLING
8:30 am CYCLING		8:30 am CYCLING		
	8:30am All Levels Hot Yoga		8:30am All Levels Hot Yoga	
9:30am Power Flow 2/3 Hot Yoga		9:15 am Semi-Private Rebounder	9:15 am Veronica's Special	
	10:15am Aerial Yoga	9:30am Power Flow 2/3 Hot Yoga		
		10:00am Group Train with Melanie \$15 per session	11:00 am Silks Intermediate	9:00am Group Train with Melanie \$15 per session
11am Pole Play Level 2		11am TRX Suspension Class		
	4:00 pm Karate (age 4-7)		4:00 pm Karate (age 4-7)	
	5:00 pm Karate (age 8-12)		5:00 pm Karate (age 8-12)	
11:30 am Kettlebell		5:00 pm Karate Advanced kids		
	6:15pm All Levels Hot Yoga	6:00 pm CYCLING		4:00pm VFD Instructor Pole Jam
		6:00 pm Kickboxing	6:15pm All Levels Hot Yoga	5:45 pm Karate (age 8 and up)
	6:30pm Silks		6:15pm Intro TRX	
6:15pm All Levels Hot Yoga	7:30pm Silks	6:15pm Level 1 Hot Yoga	7:30pm Hot Aerial Yoga	6:00pm Level 1 Pole
	7:30pm Advanced Pole	7:30pm TRX	Booty Poppin 101	
6:15pm Chick Boxing		7:30pm TRX/Silks		
7:30pm Flex, Stretch Melt	8:30pm Go Go Pole	7:30pm Level 2 Pole		
8:30pm Level 1 Pole Fitness		8:45pm Pole Tricks and Combos	8:45pm Go Go Pole	
Saturday	Sunday	ANNOUNCEMENTS	PRICING	LEGEND
8:30 am CYCLING			<b>PAY-PER-CLASS</b> MEMBERS AND NON-MEMBERS ONLY \$15 PER CLASS FOR DROP-INS	<b>CLASSES IN BLACK ARE FREE TO MEMBERS</b>
9:30am All Levels	9:00am Beginner Hot Yoga		<b>PRE-PAID PUNCH-CARD PACKAGES</b>	<b>CLASSES IN BLACK REQUIRE PAY-PER-CLASS OR PUNCHCARD FOR ALL NON-MEMBERS</b>
9:15 am Saturday Blast	10:00 am CYCLING		10-PACK MEMBER - \$120 10-PACK NON-MEMBER - \$130	
10:30am Karate (age 4-7)	10:15am Power Flow 2/3 Hot Yoga		20-PACK MEMBER - \$200 20-PACK NON-MEMBER - \$220	
11:30am Kickboxing			<b>UNLIMITED HOT YOGA</b> \$99 auto debit with one year commitment \$120 auto debit with month-to-month	<b>CLASSES IN COLOR REQUIRE PAY-PER-CLASS OR PUNCHCARD FOR MEMBERS AND NON-MEMBERS</b>
11:30 Stiletto Pole	1:30 Curvalicious		<b>UNLIMITED FAMILY HOT YOGA</b> \$180 auto debit with month-to-month	
12:30pm Silks Intermediate	2:30 VFD Fit Body Challenge Meeting		<b>SEMI-PRIVATE &amp; SPECIAL CLASSES</b>	
12:30pm Level 1 Pole	3:30pm TRX Group		Beck Martial Arts are in Blue. Contact Scott for details	
1:30pm Silks Beginner			KETTLEBELL - \$35 per class	
1:30pm Level 2 Pole			REBOUNDER - \$25 per class	
2:30 Advanced Pole Level 3				
				For questions, contact Claire Crawford Office: 972.759.4686 claire@powerplayfitness.com