

# BOWLES CLASS SCHEDULE

## Hours of Operation

Monday– Thursday 8:00 a.m.-10:00 p.m.

(open at 6:00 a.m. for GRAND Plan Members)

Friday 8:00 a.m.-7:00 p.m.

Saturdays 9:00 a.m.-6:00 p.m.

Sunday CLOSED

**2750 Graham St Grand Prairie, TX 75050**  
**972-237-PLAY (7529)**

**PM Zumba w/Lou** \$7/class or \$30/mon **Gymnastics** \$35/mo

**Yoga** \$7/class or \$25/mo

**No Excuse Boot Camp** \$69/mo

**Ballet Folklorico** \$40/mo

**Abs & Buns** \$25/mo

**Clogging** \$40/session

No Drop-ins for Youth Dance

No Free class for Zumba

**Full Body Burn Spin** \$40/mo

**JADN Youth Dance** \$30/mo

**Adult ESL** \$35/mo

### PERSONAL TRAINING

**As low as \$19/session**

**Email Steve Carrera for more info:**

**scfitx@gmail.com**

	MON	TUE	WED	THUR	FRI	SAT
6:00 a.m.		No Excuse Boot Camp In Weight Room 6a-7a		No Excuse Boot Camp In Weight Room 6a-7a		
9:00 a.m.	Abs & Buns Aerobics Room 9a-10a		Abs & Buns Aerobics Room 9a-10a		Abs & Buns Aerobics Room 9-10a	Yoga in large room 9a-10a  Ballet/Jazz/Hip Hop (7-10yrs) in aerobics room 9:15a-10:15a
10:00 a.m.						Boxing 10a-11a  Gymnastics in large room 10a-11a  Creative Movement/ Tap (3-4yrs) 10:15a-11a in aerobics room
11:00 a.m.						Ballet/Tap in aerobics room(5- 6yrs) 11a-12  Modern Dance
12:00 p.m.						In Aerobics Rm (12+yrs) 12-2p
1:00 p.m.	Open Play Basketball 12-1:30p	Open Play Volleyball 12-1:30p	Open Play Basketball 12-1:30p	Open Play Volleyball 12-1:30p	Open Play Basketball 12-1:30p	
5:00 p.m.						
6:00 p.m.	Creative Movement/Tap in aerobics room (Ages 4-6yrs) 6-:15p-7:00p  Core Yoga in aerobics room 7p-8p	Full Body Burn Spin Class in aerobics room 6p-7p  Ballet Folklorico in large room 6p-7p  Boxing 6:30p-7:30p youth 7:30p-8:30p adults	Zumba w/Lou in aerobics room 6p-7p  Gymnastics in large room 6p-7p	Full Body Burn Spin Class in aerobics room 6p-7p  Ballet Folklorico in aerobics room 6p-7p  Clogging in large room 6p-9p  Boxing 6:30p-7:30p youth 7:30p-8:30p adults	Zumba w/Lou in aerobics room 6p-7p	
7:00 p.m.	Adult ESL small rm 7-8p No Excuse Boot Camp in Weight Room 7:30p	No Excuse Boot Camp in Weight Room 7:30p	Yoga in large room 7-8p Adult ESL small rm 7p-8p	No Excuse Boot Camp in Weight Room 7:30p		

