

WEDNESDAY, AUGUST 23 & THURSDAY, AUGUST 24

Grid of fitness classes for Wednesday and Thursday, including Pre-convention workshops, Yoga I certification, and Barre Above.

Grid of fitness classes for Wednesday and Thursday, including TriggerPoint foam rolling, SCW Aqua Barre, and Aquatic Exercise Certification.

DALLAS MANIA® SCHEDULE

Legend for fitness categories: A GROUP EX & CIRCUIT, B HIIT / CORE, C BALANCE & STRENGTH, D MIND / BODY, E ACTIVE AGING / RECOVERY, F DYNAMIC TRAINING, G BARRE, H DANCE / POWER, I SPECIALTY.

Legend for fitness categories: J STRENGTH / REHAB, K CYCLING, L AQUA, M AQUA, N NUTRITION, O EX. SCIENCE / LEADERSHIP, P HEALTH / WELLNESS, Q BUSINESS, R SUSPENSION / BOXING, S STAIRMASTER.

FRIDAY, AUGUST 24

Friday schedule grid with classes like FR1 (7:30am-9:00am), FR2 (10:00am-11:30am), and FR6 (6:30pm-7:30pm), including an EXPO OPEN event.

Friday schedule grid with classes like FR1 (7:30am-9:00am), FR2 (10:00am-11:30am), and FR6 (6:30pm-7:30pm), including an EXPO OPEN event.

SATURDAY, AUGUST 25

Saturday schedule grid with classes like SA1 (7:00am-8:30am), SA2 (9:30am-10:45am), and SA7 (6:45pm-7:45pm), including an EXPO OPEN event.

Saturday schedule grid with classes like SA1 (7:00am-8:30am), SA2 (9:30am-10:45am), and SA7 (6:45pm-7:45pm), including an EXPO OPEN event.

SUNDAY, AUGUST 26

Sunday schedule grid with classes like SU1 (7:00am-8:30am), SU2 (8:45am-10:15am), and SU4 (1:00pm-2:30pm), including an EXPO OPEN event.

Sunday schedule grid with classes like SU1 (7:00am-8:30am), SU2 (8:45am-10:15am), and SU4 (1:00pm-2:30pm), including an EXPO OPEN event.