


	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM	Pole Fitness (Mændy)	Solo Studio Rental	Mixed Level Pole (Chris)			Level 1 & 2 Pole (Kelly)	
10:30 AM							
11:00 AM							Pole Inversions (Chris)
11:30 AM	Private Lesson (Mændy)	Private Lesson (Mændy)				Mixed Level Pole (Chris)	
12:00 PM							
12:30 PM							Gentle Pole Yoga (Chris)
1:00 PM						Latin Pole Flow (Chris)	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM					Private Lesson (Mændy)		
3:30 PM							
4:00 PM							
4:30 PM				Sexy Floorwork (Mændy)	Shared Studio Rental		
5:00 PM							
5:30 PM	Intro/Level 1 Pole (Cassie)	Level 1 & 2 Pole (Kalisha)					
6:00 PM			PSO Prep Series (Paulina)	Sexy Tricks (Mændy)	Create a Flow (Chris)		
6:30 PM							
7:00 PM	Shared Studio Rental	Sexy Flow (Mændy)					
7:30 PM			Level 2 & 3 Pole (Mændy)	Pole Ballet (Kelly)	Pole Fitness (Chris)		
8:00 PM							
8:30 PM	Flex Fit (Mændy)	Level 1 & 2 Pole (Mændy)					
9:00 PM			Base/Floor Tricks (Mændy)	Pay Per Pole Studio Rental			
9:30 PM							

 In-Studio Only Class

 Online Only Class

 In-Studio OR Online Class

 Private Rental OR Shared Open Studio

 Series Class