

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00 AM				Mixed Level Pole (Gabrielle)			
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						Beginner Pole (Kelly)	
9:30 AM							
10:00 AM	Flex Fit (Mændy)						Intro to Pole (Maryna)
10:30 AM						Intermediate Pole (Mændy)	
11:00 AM							
11:30 AM	Private Lesson (Mændy)						Pole Flow (Maryna)
12:00 PM						Exotic Basics (Mændy)	
12:30 PM							
1:00 PM	Student Studio Rental						
1:30 PM			Private Lesson (Mændy)			Open Studio	
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM			Student Studio Rental				
4:00 PM							
4:30 PM		Pole Flow (Kalisha)		Beginner Pole (Affrica)	Twerk (Affrica)		
5:00 PM			Exotic Choreo (Mændy)				
5:30 PM							
6:00 PM		Intermediate Pole (Mændy)		Pole Flow (Paulina)	Pole Fitness (Mændy)		
6:30 PM	Heels Dance (Alyssa)		Flex Fit (Mændy)				
7:00 PM							
7:30 PM		Exotic Choreo (Mændy)		Int/Adv Pole (Paulina)	Exotic Floorwork (Mændy)		
8:00 PM	Pole Ballet (Kelly)		Beginner Pole (Affrica)				
8:30 PM							
9:00 PM		Online Exotic (Mændy)					
9:30 PM							

 In-Studio  
Only Class

 Online  
Only Class

 In-Studio OR  
Online Class

 Choreo  
Series Class

 Private Rental OR  
Shared Open Studio