## | NOVEMBER 2025 | S | M | T | W | T | F | S | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |

## **DECEMBER 2025**

Due to COVID, no walk-ins are accepted Pre-registration or private appointments only Appointments booked 7 days/week Parties booked Friday - Sunday



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**JANUARY 2026** 

30 SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
Parties and Private lessons	10:50a Freestyle & Flow w/Ann	<<< NEW!! >>>	10:50a Combos and	<<< NEW!! >>>	10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics ([VI2+]
are booked seven days a week.		4:30p Playground Conditioning w/A	Conditioning w/Ann (VI 2)		4:30p Playground	1:40p Inversion Training w/Tess (VI 2.5)
	5:55p Climbing	5:35p Intro to Pole		5:55p It's Tricky w/Ashley (VI 2+)	5:55p Climbing	3:05p Boxwork Workshop
	7:20p Playground	7:20p Low Flow w/Ashley (Ivi 2)		7:20p Pole 3 w/Claire	7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
		8:45pm Pole 2			w/Tess	5:55p Playground
7	8	9	10	11	12	13
	10:50a Freestyle & Flow w/Ann		10:50a Combos and		10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (IVI2+)
1:40p Playground		4:30p Playground	Conditioning w/Ann (VI 2)		4:30p Playground	1:40p Inversion Training w/Tess (VI 2.5)
2:45p Intro to Pole	5:55p Climbing	5:55p Newcomer Pole <sup>2/8</sup>		5:55p It's Tricky w/Ashley (VI 2+)	5:55p Climbing	
4:30p Melt Like Candy (IVI 2)	7:20p Playground	7:20p Low Flow w/Ashley (IVI 2)		7:20p Pole 3 w/Claire	7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
5:55pm Kitten Heels & Floorwork		8:45pm Pole 2			w/Tess	5:55p Playground
14	15	16	17	18	19	20
	10:50a Freestyle & Flow w/Ann	4:30p Playground	10:50a Combos and		10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (IVI2+)
1:40p Playground		5:55p Newcomer Pole <sup>3/8</sup>	Conditioning w/Ann (VI 2)		4:30p Playground	1:40p Inversion Training w/Tess (NI 2.5)
3:05p Newcomer Pole <sup>2/8</sup>	5:55p Climbing	7:20p Low Flow w/Ashley		5:55p It's Tricky w/Ashley (VI 2+)	5:55p Climbing	
4:30p Melt Like Candy (IVI 2)	7:20p Playground	lvl 2 Holiday Special		7:20p Pole 3 w/Claire	7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
5:55pm Kitten Heels & Floorwork		8:45pm Pole 2			9p Floorplay: After Dark	5:55p Playground
21	22	23	24	Christmas 25	26	27
	10:50a Freestyle & Flow w/Ann	4:30p Playground	10:50a Combos and		10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (IVI2+)
1:40p Playground		5:55p Newcomer Pole 4/8	Conditioning w/Ann (M 2)	Be Safe!	4:30p Playground	1:40p Inversion Training w/Tess (VI 2.5)
3:05p Newcomer Pole 3/8	5:55p Climbing/Test Out	7:20p Low Flow w/Ashley		Have a Happy Day	5:55p Climbing/Test Out	
4:30p Melt Like Candy (IVI 2)	7:20p Playground	lvl 2 Holiday Special		XO	7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
5:55pm Kitten Heels & Floorwork		8:45pm Pole 2			w/Tess	5:55p Playground
28	29	30	31	New Year's Day 1	2	3
	10:50a Freestyle & Flow w/Ann		10:50a Combos and		70-min, Live Classes:	Playgrounds (Practice Time)
1:40p Playground		4:30p Playground	Conditioning w/Ann (W 2)		Single drop-in \$30	One/\$14, Ten/\$125, Twenty/\$200
3:05p Newcomer Pole 4/8	5:55p Pole 2	5:55p Beginner Pole <sup>2/8</sup>			Five/\$125, Ten/\$225	expires in three and six months
4:30p Melt Like Candy (IVI 2)	7:20p Playground	7:20p Low Flow w/Ashley				
5:55pm Kitten Heels & Floorwork		8:45pm Pole 2				

Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Inversion Training, Pole 3

Pole Dancing Levels: Kitten Heels & Floorwork, Box Work, Western Exotic Flow

Styling Curriculum: Pole-ography, Low Flow