

OCTOBER 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	30	31	

NOVEMBER 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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DECEMBER 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	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 1:40p Playground 3:05p Climbing/Test Out 4:30p Pole-ography w/ Ann (lv1 1+)	27 7:20p Playground 8:45p Pole 2	28 7:20p Halloween Flow (lv1 2)	29 7:20p Climbing/Test Out 8:45p Playground	30 5:55p It's Tricky w/Ashley (lv1 2+) 7:20p Pole 3 w/Claire 8:45p Climbing	31 5:55pm Pole 2 7:20p Pole Mechanics (lv1 2+)	1 12:15p Pole Mechanics (lv1 2+) 1:40p Inversion Training w/Tess 3:05p Kitten Heels/Floorwork 4:30p Pole 2
2 1:40p Playground 3:05p Pole 2 4:30p Pole-ography w/ Ann (lv1 1+)	3 5:55p Intro to Pole 7:20p Playground 8:45p Pole 2	4 7:20p Low Flow w/Ashley (lv1 2)	5 7:20p Pole 2 8:45p Playground	6 5:55p It's Tricky w/Ashley (lv1 2+) 7:20p Pole 3 w/Claire	7 4:30p Playground 5:55p Intro to Pole 7:20p Pole Mechanics (lv1 2+) w/Tess	8 12:15p Pole Mechanics (lv1 2+) 1:40p Inversion Training w/Tess (lv1 2.5) 3:05p Kitten Heels/Floorwork 4:30p Pole 2
9 1:40p Playground 3:05p Pole 2 4:30p Pole-ography w/ Ann (lv1 1+)	10 5:55p Newcomer Pole 2/8 7:20p Playground 8:45p Pole 2	11 Veteran's Day 7:20p Low Flow w/Ashley (lv1 2)	12 7:20p Pole 2 8:45p Playground	13 5:55p It's Tricky w/Ashley (lv1 2+) 7:20p Pole 3 w/Claire	14 4:30p Playground 5:55p Newcomer Pole 2/8 7:20p Pole Mechanics (lv1 2+) w/Tess	15 12:15p Pole Mechanics (lv1 2+) 1:40p Inversion Training w/Tess (lv1 2.5) 3:05p Kitten Heels/Floorwork 4:30p Pole 2
16 1:40p Playground 3:05p Pole 2 4:30p Pole-ography w/ Ann (lv1 1+)	17 5:55p Newcomer Pole 3/8 7:20p Playground 8:45p Pole 2	18 7:20p Low Flow w/Ashley (lv1 2)	19 7:20p Pole 2 8:45p Playground	20 5:55p It's Tricky w/Ashley (lv1 2+) 7:20p Pole 3 w/Claire	21 4:30p Playground 5:55p Newcomer Pole 3/8 7:20p Pole Mechanics (lv1 2+) w/Tess	22 12:15p Pole Mechanics (lv1 2+) 1:40p Inversion Training w/Tess (lv1 2.5) 3:05p Kitten Heels/Floorwork 4:30p Pole 2
23 1:40p Playground 3:05p Pole 2 4:30p Pole-ography w/ Ann (lv1 1+)	24 5:55p Newcomer Pole 4/8 7:20p Playground 8:45p Pole 2	25 7:20p Low Flow w/Ashley (lv1 2)	26 7:20p Pole 2 8:45p Playground	27 Thanksgiving Day 5:55p It's Tricky w/Ashley (lv1 2+) 7:20p Pole 3 w/Claire	28 4:30p Playground 5:55p Newcomer Pole 4/8 7:20p Pole Mechanics (lv1 2+) w/Tess	29 12:15p Pole Mechanics (lv1 2+) 1:40p Inversion Training w/Tess (lv1 2.5) 3:05p Western Exotic Pole (lv1 2+)
30 1:40p Playground 3:05p Pole 2 4:30p Pole-ography w/ Ann (lv1 1+)	1 Playgrounds (Practice Time) One/\$14, Ten/\$125, Twenty/\$200 expires in three and six months	2 70-min, Live Classes: Single drop-in \$30 Five/\$125, Ten/\$225	3	4	5 Parties and Private lessons are booked seven days a week.	6

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

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

Styling Curriculum: Pole-ography, Low Flow