



MARCH 2026

No walk-ins are accepted
Pre-registration or private appointments only
Appointments booked 7 days/week
Parties booked Friday - Sunday

www.floorplaystudio.com
302-307-9158
dance@floorplaystudio.com

Suite 202
Pole Studio

70-min. Live Classes:
Single drop-in \$30
Five/\$125, Ten/\$225

Playgrounds (Practice Time)
One/\$14, Ten/\$125, Twenty/\$200
expires in three and six months

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Women's History Mnth 1	2	3	4	5	6	7
	10:50a Freestyle & Flow (Ann) ^{2+/2.5}		10:50a Combos&Conditioning (Ann) ^{2+/2.5}	9:25a Soft Strength: Pole Stretch & Flow		12:15p Pole Mechanics (Tess) ²⁺
	5:55p Playground 7:20p Newcomer Pole ^{4/8}	4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) ^{lvl 2}	5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Playground	5:55p It's Tricky (Ashley) ^{lvl 2+} 7:20p Pole 3 (Claire)	4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) ^{lvl 2+}	1:40p Inversion Training (Tess) ^{lvl 2.5} 3:05p Pole 2 4:30p Twerk & Pole (Ann) ^{lvl 2}
5:55p Chair/Pole Play (Ann) ^{lvl 2}						
Int'l Women's Day 8 Daylights Savings! Frwd 1 hr!	9	10	11	12	13	14
	10:50a Freestyle & Flow (Ann) ^{2+/2.5}		10:50a Combos&Conditioning (Ann) ^{2+/2.5}	9:25a Soft Strength: Pole Stretch & Flow		12:15p Pole Mechanics (Tess) ²⁺
3:05p Playground 4:30p Intro to Pole 5:55p Chair/Pole Play (Ann) ^{lvl 2}	5:55p Playground 7:20p Climbing	4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) ^{lvl 2}	5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Intro to Pole	5:55p It's Tricky (Ashley) ^{lvl 2+} 7:20p Pole 3 (Claire)	4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) ^{lvl 2+}	1:40p Inversion Training (Tess) ^{lvl 2.5} 3:05p Pole 2 4:30p Twerk & Pole (Ann) ^{lvl 2}
15	16	17	18	19	20	21
	10:50a Freestyle & Flow (Ann) ^{2+/2.5}	St Patrick's Day	Ash Wednesday 10:50a Combos&Conditioning (Ann) ^{2+/2.5}	St Joseph's Day 9:25a Soft Strength: Pole Stretch & Flow		12:15p Pole Mechanics (Tess) ²⁺
3:05p Playground 4:30p Newcomer Pole ^{2/8} 5:55p Chair/Pole Play (Ann) ^{lvl 2}	5:55p Playground 7:20p Climbing	4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) ^{lvl 2}	5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Newcomer Pole ^{2/8}	5:55p It's Tricky (Ashley) ^{lvl 2+} 7:20p Pole 3 (Claire)	5:55p Climbing 7:20p Pole Mechanics (Tess) ^{lvl 2+} 9pm Floorplay: After Dark Boss Bitches n' Submissives	1:40p Inversion Training (Tess) ^{lvl 2.5} 3:05p Pole 2 4:30p Twerk & Pole (Ann) ^{lvl 2}
22	23	24	25	26	27	28
	10:50a Freestyle & Flow (Ann) ^{2+/2.5}		10:50a Combos&Conditioning (Ann) ^{2+/2.5}	9:25a Soft Strength: Pole Stretch & Flow		12:15p Pole Mechanics (Tess) ²⁺
3:05p Playground 4:30p Newcomer Pole ^{3/8} 5:55p Chair/Pole Play (Ann) ^{lvl 2}	5:55p Playground 7:20p Climbing	4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) ^{lvl 2}	5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Newcomer Pole ^{3/8}	5:55p It's Tricky (Ashley) ^{lvl 2+} 7:20p Pole 3 (Claire)	4:30p Playground 5:55p Climbing/Test Out 7:20p Pole Mechanics (Tess) ^{lvl 2+}	1:40p Inversion Training (Tess) ^{lvl 2.5} 3:05p Pole 2 4:30p Twerk & Pole (Ann) ^{lvl 2}
Palm Sunday 29	30	31	1	Holy Thursday 2	Good Friday 3	4
	10:50a Freestyle & Flow (Ann) ^{2+/2.5}					
3:05p Playground 4:30p Newcomer Pole ^{4/8} 5:55p Chair/Pole Play (Ann) ^{lvl 2}	5:55p Playground 5:55p Climbing/Test Out	4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) ^{lvl 2}				
Kitten Heels & Floorwerk: Day 1: Walk, Crouch, Turn Day 2: Clacking & Floorwerk Day 3: Consecutive Turns Day 4: Juliettes & Leggydoos Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Combos & Conditioning, Inversion Training, Pole 3 Pole Dancing Levels: Kitten Heels & Floorwerk, Box Work, Western Exotic Flow, Freestyle & Flow Pole Styling Classes: Low Flow, Basework, Pole Play					Floorplay: After Dark Every 3rd Friday of the month! Pajamas party, theme optional, desserts included, 18+, \$15 pp	

All classes are drop-in friendly unless noted as a series with ^{3/4}, for example, depicting the third class within a four-week series.



302-307-9126

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Suite 201 - Yoga Nest & Dance Hall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:30a Guided Meditation	1pm Country Line Dance with Ray 2nd & 4th Wednesdays	10:30a Guided Meditation		
3:05p Playground	5:55p Playground 7:20p Belly Dance - Roulette Raqs with Khuzama Lavender	4:30p Playground	7:20p Mobility for Backbends with Thea	5:55p Hula Hoop (Lindsay)	4:30p Playground	3pm Glow&Groove Line Dance 1st, 3rd, 5th Saturdays w/Hazel 4:30p Playground
					9pm Floorplay: After Dark	

Partner Dance Key:

Total Beginner, lvl 0 / Advanced Beginner, lvl 1 / Confident Beginner, lvl 1.5 / Intermediate, lvl 2 / High Intermediate, lvl 2.5 / Advanced, lvl 3

2026 Conventions: **Freedom Swing** Jan 23-25 **Art of the Belly** Mar 26-29 **PoleCon** May 28-31 **Philly Swing** Sept 25-27 **Swustlicious** Oct 16-18 **Swingle Bell Rock** Dec 03-06

