

SEPTEMBER 2025

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 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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NOVEMBER 2025

S	M	T	W	T	F	S
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23	24	25	26	27	28	29
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Parties and Private lessons are booked seven days a week.	29 Playgrounds (Practice Time) One/\$14, Ten/\$125, Twenty/\$200 expires in three and six months	30 70-min. Live Classes: Single drop-in \$30 Five/\$125, Ten/\$225	1 5:55p Playground 7:20p Newcomer Pole ^{4/8}	2 5:55p It's Tricky ^(lvl 2+ with Ruth) 7:20p Pole 3 w/Claire 8:45pm Intro to Pole	3 6:30pm Showcase Rehearsal	4 Delaware Pole Fitness' 15-year Anniversary 6:30pm Masquerade Student/Teacher Showcase
5 1:40p Playground 3:05p Climbing 4:30p Pole-ography w/ Ann ^(lvl 1+)	6 7:20p Playground 8:45p Pole 2	7 5:30p Basework Wrkshop 7:20p Kitten Heels - Walk, Crouch, Turn	8 7:20p Climbing 8:45p Playground	9 5:55p It's Tricky ^(lvl 2+ with Ann) 7:20p Pole 3 w/Claire 8:45p Newcomer Pole ^{2/8}	10 5:55pm Pole 2 7:20p Pole Mechanics ^(lvl2+)	11 12:15p Pole Mechanics ^(lvl2+) 1:40p Inversion Training w/Tess 3:05p Pole 2 4:30p Intro to Pole
12 1:40p Playground 3:05p Climbing 4:30p Pole-ography w/ Ann ^(lvl 1+)	13 Columbus Day 7:20p Playground 8:45p Pole 2	14 5:55p Slinky Sirens 7:20p Kitten Heels - Clacking & Floorwork	15 7:20p Climbing 8:45p Playground	16 5:55p It's Tricky ^(lvl 2+ with Ann) 7:20p Pole 3 w/Claire 8:45p Newcomer Pole ^{2/8}	17 5:55pm Pole 2 7:20p Pole Mechanics ^(lvl2+) 9pm Hallo-Q-ween Party and Spooky Photo Shoot	18 12:15p Pole Mechanics ^(lvl2+) 1:40p Inversion Training w/Tess 3:05p Pole 2 4:30p Newcomer Pole ^{2/8}
19 1:40p Playground 3:05p Climbing 4:30p Pole-ography w/ Tess ^(lvl 1+)	20 7:20p Playground 8:45p Spin Pole Choreo	21 5:55p Playground 7:20p Kitten Heels - Consecutive Turns	22 7:20p Climbing 8:45p Playground	23 5:55p It's Tricky w/Ashley ^(lvl 2+) 7:20p Pole 3 w/Claire 8:45p Newcomer Pole ^{4/8}	24 5:55pm Pole 2 7:20p Pole Mechanics ^(lvl2+) 9pm Hallo-Q-ween Party (with Photo Shoot bookings)	25 12:15p Pole Mechanics ^(lvl2+) 1:40p Inversion Training w/Tess 3:05p Pole 2 4:30p Newcomer Pole ^{3/8}
26 1:40p Playground 3:05p Climbing/Test Out 4:30p Pole-ography w/ Ann ^(lvl 1+)	27 7:20p Playground 8:45p Pole 2	28 7:20p Halloween Flow ^(lvl 2)	29 7:20p Climbing/Test Out 8:45p Playground	30 5:55p It's Tricky w/Ashley ^(lvl 2+) 7:20p Pole 3 w/Claire 8:45p Climbing	31 Halloween 5:55pm Pole 2 7:20p Pole Mechanics ^(lvl2+)	1 Halloween Party, TAKE TWO! we've added a second party and opportunity for a special photo shoot with Ulyana

Special Additions for the month:

Partner Lap Dance with Emerald the 24th at 7pm in the Dance Center
Serenity Sound Bath with Alisa the 26th at 11am in the Dance Center
Halloween Flow (lvl 2) with Ashley the 28th at 7:20pm in the Pole Studio
Haunted Halloween Vinyasa: For Pole Dancers wih Brittaneey the 30th at 6pm in the Dance Center

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