NOVEMBER 2026

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

Native American Heritage Month
Diabetes Awareness Month

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Dance Center &
Pole Studio

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Family Caregivers Month
Aviation History Month

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
Dia de los Muertos 1 1:40p Pole 2 3:05p Playground **4:30p Total Beg WstCstSwng** 5/6	10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 3:05p Pole 2 ~~4:30p Playground~~ **5:35p Intro to Pole** 5:55p Beginner Belly Dance 1/4 (Khuzama) - Annex 7:20p Frame & Foundation (Valkyrie) 7:20p Belly Dance Movement Lab (Khuzama)	**Election Day** 3 12:15p Playground - Studio Only 3:05p Playground 4:30p Climbing 5:55p Let's Spin! (Sunnii) lvl 2 *7:20p Low Flow (Ashley)* lvl 2	4 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only Day 1: Walk, Crouch, Turn 5:55p Kitten Heels & Floorwork 7:20p Pole 2 7:20p Strong & Bendy (Valkyrie) - Annex 8:45p Playground	5 9:25a Soft Strength: Stretch & Flow 5:55p Hula Hoop (Lindsay) 5:55p It's Tricky (Ashley) lvl 2+ 7:20p Pole Tricks (Claire) lvl 3+	6 ~~4:30p Playground~~ **5:35p Intro to Pole** 7:20p Pole Mechanics (Tess) 2+ 7:20p Club Latin Mix 5/6 - Hall **9pm Roll & Refresh Social**	7 10:50a Barre Intensity (Steve) - Annex 12:15p Inversion Training (Ruth) 2.5 1:40p Pole 3 (Tess) 3pm Glow&Groove Line Dance (Hazel) - Hall 3:05p Climbing **4:30p Boxwork Wrkshp (Valkyrie)** lvl 2 **7:30pm Sassy Saturday Cabaret**
8 1:40p Pole 2 3:05p Playground **4:30p Total Beg WstCstSwng** 6/6	9 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 3:05p Pole 2 4:30p Playground 5:55p Newcomer Pole 2/8 5:55p Beginner Belly Dance 2/4 (Khuzama) - Annex ~~7:20p Frame & Foundation~~ 7:20p Belly Dance Movement Lab (Khuzama)	10 12:15p Playground - Studio Only 3:05p Playground 4:30p Climbing 5:55p Let's Spin! (Sunnii) lvl 2 *7:20p Low Flow (Ashley)* lvl 2	**Veterans Day** 11 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 1pm Country Line Dance with Ray 2:15 Improver Country Line Dance 5:55p Kitten Heels & Floorwork - Clacking ~~7:20p Strong & Bendy - Annex~~ 7:20p Pole 2 8:45p Playground	12 9:25a Soft Strength: Stretch & Flow 5:55p Hula Hoop (Lindsay) 5:55p It's Tricky (Ashley) lvl 2+ 7:20p Pole Tricks (Claire) lvl 3+	13 4:30p Playground 5:55p Newcomer Pole 2/8 7:20p Pole Mechanics (Tess) 2+ 7:20p Club Latin Mix 6/6 - Hall Learn Salsa, Bachata, and More **9p Grounded Rhythm Drum Circle**	**Delaware Taco Festival** 14 10:50a Barre Intensity (Steve) 12:15p Inversion Training (Tess) 2.5 1:40p Pole 3 (Tess) 3:05p Climbing 4:30p Playground **7:30pm Fiesta de Ascenso Latin Social**
Delaware Taco Festival 15 1:40p Pole 2 3:05p Playground	16 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 3:05p Pole 2 4:30p Playground 5:55p Newcomer Pole 3/8 5:55p Beginner Belly Dance 3/4 (Khuzama) - Annex 7:20p Frame & Foundation (Valkyrie) 7:20p Belly Dance Movement Lab (Khuzama)	17 12:15p Playground - Studio Only 3:05p Playground 4:30p Climbing 5:55p Let's Spin! (Sunnii) lvl 2 *7:20p Low Flow (Ashley)* lvl 2	18 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only Day 3: Consecutive Turns 5:55p Kitten Heels & Floorwork 7:20p Strong & Bendy (Valkyrie) - Annex 7:20p Pole 2 8:45p Playground	**DC Swing Experience** 19 9:25a Soft Strength: Stretch & Flow 5:55p Hula Hoop (Lindsay) 5:55p It's Tricky (Ashley) lvl 2+ 7:20p Pole Tricks (Claire) lvl 3+	**DC Swing Experience** 20 4:30p Playground 5:55p Newcomer Pole 3/8 7:20p Pole Mechanics (Tess) 2+ **9pm Floorplay: After Dark** **Blacklight Glow Playground**	**DC Swing Experience** 21 10:50a Barre Intensity (Steve) 12:15p Inversion Training (Tess) 2.5 1:40p Pole 3 (Tess) 3pm Glow&Groove Line Dance (Hazel) - Hall 3:05p Climbing 4:30p Playground ~~**7:30p WstCstSwng Practice Social**~~
DC Swing Experience 22 1:40p Pole 2 3:05p Playground	23 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 3:05p Pole 2 4:30p Playground 5:55p Newcomer Pole 4/8 ~~5:55p Beginner Belly Dance (Khuzama) - Annex~~ 7:20p Frame & Foundation (Valkyrie) 7:20p Belly Dance Movement Lab (Khuzama)	24 12:15p Playground - Studio Only 3:05p Playground 4:30p Climbing/Test Out for Pole 2 5:55p Let's Spin! (Sunnii) lvl 2 *7:20p Low Flow (Ashley)* lvl 2	25 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 1pm Country Line Dance with Ray 2:15 Improver Country Line Dance 5:55p Kitten Heels & Floorwork - Juliettes 7:20p Strong & Bendy (Valkyrie) - Annex 7:20p Pole 2 8:45p Playground	**Thanksgiving** 26 Studio Closed for Holiday	**Black Friday** 27 4:30p Playground 5:55p Newcomer Pole 4/8 7:20p Pole Mechanics (Tess) 2+ **9pm Hoop & Flow + Acro Jam**	28 **10:30a Skeleton Flow Wrkshp (Val)** lvl 2+ 10:50a Barre Intensity (Steve) - Annex 12:15p Inversion Training (Tess) 2.5 1:40p Pole 3 (Tess) 3:05p Climbing/Test Out for Pole 2 4:30p Playground **7:30pm The Soda Saloon**
29 1:40p Pole Art Choreo (Lavender) lvl 2+/2.5 3:05p Pole 2 4:30p Playground	30 10:50a Barre Intensity (Steve) 12:15p Playground - Studio Only 3:05p Pole 2 5:55p Climbing 5:55p Beginner Belly Dance 4/4 (Khuzama) - Annex 7:20p Frame & Foundation (Valkyrie) 7:20p Belly Dance Movement Lab (Khuzama)	1 12:15p Playground - Studio Only 3:05p Playground 4:30p Pole 2 5:55p Let's Spin! (Sunnii) lvl 2 *7:20p Low Flow (Ashley)* lvl 2	2 **5:35p Intro to Pole** ~~*7:20p Strong & Bendy (Valkyrie) - Annex*~~ *7:20p Basework & Fluidity (Saudi)* lvl 2.5+	3 9:25a Soft Strength: Stretch & Flow 5:55p Hula Hoop (Lindsay) 5:55p Strong & Bendy (Thea) - Annex 5:55p It's Tricky (Ashley) lvl 2+ 7:20p Pole Tricks (Claire) lvl 3+	4 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) 2+ **9pm Roll & Refresh Social**	5 10:50a Barre Intensity (Steve) 12:15p Inversion Training (Tess) 2.5 1:40p Pole 3 (Tess) 3:05p Pole 2 4:30p Playground

Pole Technique Levels: Pole Foundations (lvl 1), Climbing (lvl 1.5), Pole 2 (lvl 2), Let's Spin! (lvl 2), It's Tricky (lvl 2+), Inversion Training (lvl 2.5), Pole 3 (lvl 3), Pole Tricks (lvl 3+)

Pole Dancing Levels: Kitten Heels & Floorwork (lvl 1+), Box Work (lvl 2+), *Slinky Sirens (lvl 2+)*, *Western Exotic Flow (lvl 2+)*, *Pole Mechanics (lvl 2+)*, *Fluidity and Flight (lvl 3+)*

Pole Styling Classes: *Low Flow / Basework & Fluidity, Lyrical Pole,* Hard Pole

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.

Italicized classes are Choreography
Pink Classes require exotic platform shoes
Purple Classes are Fitness sessions for any level or practice

This calendar is only a group class reflection and not a full list of services available. Private lessons, personalized parties, and various wellness offerings are by appointment.

Monthly Jams

Floorplay: After Dark
pole sanctuary, includes spotlights
18+ only, $14 per person
playground package applicable

Grounded Rhythm Drum Circle
Music, Dance, Connection
Free, community-led gathering
Bring your instruments and flow.

Hoop & Flow + Acro Jam
a casual sandbox for movement arts
18+ only, $14 per person
playground package applicable

Parties

Fiesta de Ascenso Latin Party
salsa/bachata/merengue/chacha/cumbia
lite fare with water / refreshment bar
18+ only, $15 per person

Sassy Saturday Cabaret
a sultry, supportive lounge night
lite fare with water / refreshment bar
18+ only, $15 per person

The Soda Saloon
boot-scootin' country line dance party
lite fare with water / refreshment bar
18+ only, $15 per person

Socials

Roll & Refresh Social
mobility & recovery lounge w/refreshment bar
18+ only, $10 per person
playground package applicable

West Coast Swing Practice Social
relaxed space for practice and social dancing
water included
18+ only, $10 per person

Parties, Private lessons, and Room Rentals are booked seven days a week. Email hello@floorplaydance.com