

NOVEMBER 2023

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		

DECEMBER 2023

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 2024

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 Pole 2 3:05p Kitten Heels <i>Day 1: walk, crouch, turn</i>	27 5:55p Pole Intimacy ^{2/2} 7:20p Climbing	28 <i>Day 4: Juliets, leggy-dooos</i> 5:55p Kitten Heels & Firwrk 7:20p Low Flow (lv12) 8:45p Climbing	29 4:30p Playground 5:55p Pole 2 7:20p Climbing	30 5:55p Climbing 7:20p Pole Tricks ^(lv1-3)	1 5:55p Intro to Pole 7:20p Pole Mechanics ^(lv2+) 8:45p Playground	2 12:15p Pole Mechanics ^(lv2+) 1:40p Inversion Training 3:05p Climbing 4:30p Playground
3 12:15p Intro to Pole 1:40p Playground 3:05p Kitten Heels 4:30p Slinky Sirens	4 4:30p Pole 2 5:55p Pole Intimacy ^{1/2} 7:20p Climbing	5 4:30p Playground 5:55p Intro to Pole 7:20p Low Flow (lv12) 8:45p Pole 2	6 5:55p Playground 7:20p Pole 2	7 5:55p Pole 2 7:20p Pole Tricks ^(lv1-3)	8 5:55p Beginner Pole ^{2/8} 7:20p Pole Mechanics ^(lv2+) 8:45p Playground	9 12:15p Pole Mechanics ^(lv2+) 1:40p Inversion Training 3:05p Climbing 4:30p Playground
10 12:15p Beginner Pole ^{2/8} 1:40p Playground 3:05p Kitten Heels 4:30p Slinky Sirens	11 4:30p Pole 2 5:55p Pole Intimacy ^{2/2} 7:20p Climbing	12 4:30p Playground 5:55p Beginner Pole ^{2/8} 7:20p Low Flow (lv12) 8:45p Pole 2	13 5:55p Playground 7:20p Pole 2	14 5:55p Pole 2 7:20p Pole Tricks ^(lv1-3)	15 5:55p Beginner Pole ^{3/8} 7:20p Pole Mechanics ^(lv2+) 9-11p Holidazzle Plygrnd	16 12:15p Pole Mechanics ^(lv2+) 1:40p Inversion Training 3:05p Climbing 4:30p Playground
17 12:15p Beginner Pole ^{3/8} 1:40p Playground 3:05p Kitten Heels 4:30p Slinky Sirens	18 4:30p Pole 2 7:20p Climbing	19 4:30p Playground 5:55p Beginner Pole ^{3/8} 7:20p Low Flow (lv12) 8:45p Pole 2	20 5:55p Playground 7:20p Pole 2	21 5:55p Pole 2 7:20p Pole Tricks ^(lv1-3)	22 5:55p Beginner Pole ^{4/8} 7:20p Pole Mechanics ^(lv2+) 8:45p Playground	23 12:15p Pole Mechanics ^(lv2+) 1:40p Inversion Training 3:05p Climbing 4:30p Playground
24 <i>Be Safe for the Holidays, no matter if you celebrate.</i>	25 Christmas	26 5:55p Beginner Pole ^{4/8}	27	28 5:55p Pole 2	29 7:20p Pole Mechanics ^(lv2+)	30 12:15p Pole Mechanics ^(lv2+) 1:40p Inversion Training
31 <i>Can't wait to journey with you in 2024!</i>	1 <u>Pole Fitness, by level</u> Beginner, Climbing, Pole Intimacy, Pole 2, Low Flow, Slinky Sirens, Pole Mechanics, Inversion Training, Pole Tricks	2	3	4	5 <u>70-min, Live Classes:</u> Single drop-in \$30 Five/\$125, Ten/\$225 packages expire in 6 weeks	6 <u>Playgrounds (Practice Time)</u> One/\$14, Twenty/\$200 <i>expires in six months</i> 3rd Friday Chez Nous, \$15