



# May 2026 Mental Health Awareness Month, Jewish-American Heritage Month

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

www.floorplaystudio.com  
 Text: 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

## Asian American and Pacific Islander (AAPi) Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26-Apr 1:40p Playground 4:30p Climbing	27-Apr 5:55p Playground 7:20p Pole 2	28-Apr 4:30p Playground 5:55p Newcomer Pole <sup>4/8</sup> 7:20p Low Flow (Ashley) <sup>lv2</sup> 8:45p Pole 2	29-Apr 7:20p Playground 8:45p Climbing/Test Out	30-Apr 9:25a Soft Strength: Pole Stretch & Flow 5:55p It's Tricky (Ashley) <sup>lv2+</sup> 7:20p Pole 3 (Claire)	1 4:30p Playground 5:35p Intro to Pole 7:20p Pole Mechanics (Tess) <sup>lv2+</sup>	2 12:15p Inversion Training (Tess) <sup>2.5</sup> 1:40p Pole 3 (Tess) 3:05p Climbing <i>* Student Appreciation Party *</i> 6:30pm: Sales, Raffles, & More!
3 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Climbing/Test Out	4 5:55p Pole 2 7:20p Playgound 8:45p Intro to Pole	5 <b>Cinco de Mayo</b> 4:30p Playground 5:55p Climbing 7:20p Low Flow (Ashley) <sup>lv2</sup>	6 7:20p Playground 8:45p Pole 2	7 9:25a Soft Strength: Pole Stretch & Flow 5:55p It's Tricky (Ashley) <sup>lv2+</sup> 7:20p Pole Tricks (Claire) <sup>lv3+</sup>	8 4:30p Playground 5:55p Newcomer Pole <sup>2/8</sup> 7:20p Pole Mechanics (Tess) <sup>lv2+</sup>	9 12:15p Inversion Training (Tess) <sup>2.5</sup> 1:40p Pole 3 (Tess) 3:05p Climbing 4:30p Playground
10 <b>Mother's Day</b> 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Pole 2	11 5:55p Pole 2 7:20p Playground 8:45p Newcomer Pole <sup>2/8</sup>	12 4:30p Playground 5:55p Climbing 7:20p Low Flow (Ashley) <sup>lv2</sup>	13 5:55p Climbing 7:20p Playground 8:45p Pole 2	14 9:25a Soft Strength: Pole Stretch & Flow 5:55p It's Tricky (Ashley) <sup>lv2+</sup> 7:20p Pole Tricks (Claire) <sup>lv3+</sup>	15 5:55p Newcomer Pole <sup>3/8</sup> 7:20p Pole Mechanics (Tess) <sup>lv2+</sup> <b>9pm Floorplay: After Dark</b> <b>Emo Prom Night 2026</b>	16 <b>Armed Forces Day</b> 12:15p Inversion Training (Tess) <sup>2.5</sup> 1:40p Pole 3 (Tess) <del>3:05p Climbing moved to Wed</del> 4:30p Playground
17 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Pole 2	18 5:55p Pole 2 7:20p Playgound 8:45p Newcomer Pole <sup>3/8</sup>	19 4:30p Playground 5:55p Climbing 7:20p Low Flow (Ashley) <sup>lv2</sup>	20 7:20p Playground 8:45p Pole 2	21 9:25a Soft Strength: Pole Stretch & Flow 5:55p It's Tricky (Ashley) <sup>lv2+</sup> 7:20p Pole Tricks (Claire) <sup>lv3+</sup>	22 4:30p Playground 5:55p Newcomer Pole <sup>4/8</sup> 7:20p Pole Mechanics (Tess) <sup>lv2+</sup>	23 12:15p Inversion Training (Tess) <sup>2.5</sup> 1:40p Pole 3 (Tess) 3:05p Climbing 4:30p Playground
24 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Pole 2	25 <b>Memorial Day</b> 5:55p Pole 2 7:20p Club-Style Exotic 8:45p Newcomer Pole <sup>4/8</sup>	26 4:30p Playground 5:55p Climbing/Test Out 7:20p Low Flow (Ashley) <sup>lv2</sup>	27 <b>POLECON (Hanover, MD)</b> 7:20p Playground 8:45p Playground	28 <b>POLECON (Hanover, MD)</b> 9:25a Soft Strength: Pole Stretch & Flow 4pm Playground 5:55p It's Tricky (Ashley) <sup>lv2+</sup>	29 <b>POLECON (Hanover, MD)</b> 4pm Playground 7:20p Playground 8:45p Playground	30 <b>POLECON (Hanover, MD)</b> 9:25a Playground 10:50a Playground
31 <b>POLECON (Hanover, MD)</b> 4pm Playground	1-Jun <i>Ruth will be out for PoleCon recovery</i> 5:55p Pole 2 w/ Ashley 7:20p Playground	2-Jun 4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) <sup>lv2</sup>	Going to PoleCon? Help Ruth for five hours in any increments on any days and get 50% off your weekend pass to the convention. Help pack Wednesday... let her take food or pee breaks, allow her to network...		<b>Kitten Heels &amp; Floorwerk: Drop-in OK!</b> Day 1: Walk, Crouch, Turn Day 2: Clacking & Floorwerk Day 3: Consecutive Turns Day 4: Juliettes & Leggydoos Take four days for full curriculum	

**Pole Technique Levels:** Pole Foundations (lv 1), Climbing (lv 1.5), Pole 2, It's Tricky (lv 2+), Pole Mechanics (lv 2+), Inversion Training (lv 2.5), Pole 3 (lv 3), Pole Tricks (lv 3+)

**Pole Dancing Levels:** Kitten Heels & Floorwork (lv 1+), Box Work (lv 2), Western Exotic Flow (lv 2+), Authentic Club Style (lv 2.5)

**Pole Styling Classes:** Low Flow, Basework & Fluidity

*Italicized classes are Choreography*  
*Pink Classes require exotic platform shoes*  
*Purple Classes are Conditioning*

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

**Floorplay: After Dark**  
 Every 3rd Friday of the month!  
 Pajamas party, theme optional,  
 desserts included, 18+, \$15 pp



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