



## 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](http://www.floorplaystudio.com)  
302-307-9158  
[dance@floorplaystudio.com](mailto: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	
1 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Intro to Pole 5:55p Chair/Pole Play Series <sup>4/6</sup>	2 10:50a Freestyle & Flow (Ann) <sup>2+/2.5</sup> 5:55p Playground 7:20p Climbing	3 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choro Series <sup>3/6</sup>	4 10:50a Combos&Conditioning (Ann) <sup>2+/2.5</sup> 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Playground	5 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Choro Series <sup>4/6</sup> 7:20p Pole 3 (Claire)	6 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) <sup>IV/2+</sup>	7 12:15p Pole Mechanics (Tess) <sup>2+</sup> 1:40p Inversion Training (Tess) <sup>IV/2.5</sup> 3:05p Pole 2 4:30p Twerk & Pole Series <sup>5/6</sup> with Ann, <sup>IV/2</sup>	
8 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Newcomer Pole <sup>2/8</sup> 5:55p Chair/Pole Play Series <sup>5/6</sup>	9 10:50a Freestyle & Flow (Ann) <sup>2+/2.5</sup> 5:55p Playground 7:20p Climbing	10 3:05p 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choro Series <sup>4/6</sup>	11 10:50a Combos&Conditioning (Ann) <sup>2+/2.5</sup> 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Intro to Pole	12 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Choro Series <sup>5/6</sup> with Ashley, <sup>IV/2+</sup> 7:20p Pole 3 (Claire)	13 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) <sup>IV/2+</sup>	14 12:15p Pole Mechanics (Tess) <sup>2+</sup> 1:40p Inversion Training (Tess) <sup>IV/2.5</sup> 3:05p Pole 2 4:30p Twerk & Pole Series <sup>6/6</sup>	
15 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Newcomer Pole <sup>3/8</sup> 5:55p Chair/Pole Play Series <sup>5/6</sup>	16 10:50a Freestyle & Flow (Ann) <sup>2+/2.5</sup> 5:55p Playground 7:20p Climbing	17 St Patrick's Day 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choro Series <sup>5/6</sup> with Ashley, <sup>IV/2</sup>	18 Ash Wednesday 10:50a Combos&Conditioning (Ann) <sup>2+/2.5</sup> 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Newcomer Pole <sup>2/8</sup>	19 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Add On <sup>1/2</sup> 7:20p Pole 3 (Claire)	20 5:55p Climbing 7:20p Pole Mechanics (Tess) <sup>IV/2+</sup> 9pm Floorplay: After Dark Boss Bitches n' Submissives	21 12:15p Pole Mechanics (Tess) <sup>2+</sup> 1:40p Inversion Training (Tess) <sup>IV/2.5</sup> 3:05p Pole 2 4:30p Twerk & Pole Add On <sup>1/2</sup>	
22 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Newcomer Pole <sup>4/8</sup> 5:55p Chair/Pole Play Add On <sup>1/2</sup>	23 10:50a Freestyle & Flow (Ann) <sup>2+/2.5</sup> 5:55p Playground 5:55p Climbing/Test Out	24 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choro Series <sup>6/6</sup>	25 10:50a Combos&Conditioning (Ann) <sup>2+/2.5</sup> 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Newcomer Pole <sup>3/8</sup>	Ef 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Add On <sup>2/2</sup> 7:20p Pole 3 (Claire)	27 4:30p Playground 5:55p Climbing/Test Out 7:20p Pole Mechanics (Tess) <sup>IV/2+</sup>	28 12:15p Pole Mechanics (Tess) <sup>2+</sup> 1:40p Inversion Training (Tess) <sup>IV/2.5</sup> 3:05p Pole 2 4:30p Twerk & Pole Add On <sup>2/2</sup> 6:30p Showcase Rehearsal	
Palm Sunday 29 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Climbing 5:55p Chair/Pole Play Add On <sup>2/2</sup>	30 10:50a Freestyle & Flow (Ann) <sup>2+/2.5</sup> 5:55p Playground 7:20p Pole 2	31 4:30p Playground 5:55p Pole 2 7:20p Low Flow Add on <sup>1/1</sup> with Ashley, <sup>IV/2</sup>	1 Holy Thursday	2	Good Friday 4:30p Set-up for Showcase 6:30p Showcase Dress Rehearsal	3 4 6:30p Whimsy Wonderland Student/Teacher Showcase	
<p><b>Kitten Heels &amp; Floorwork:</b> Day 1: Walk, Crouch, Turn Day 2: Clacking &amp; Floorwerk Day 3: Consecutive Turns Day 4: Juliettes &amp; Leggydoos</p> <p><b>Pole Technique Levels:</b> Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Freestyle &amp; Flow, Combos &amp; Conditioning, Inversion Training, Pole 3 <b>Pole Dancing Levels:</b> Kitten Heels &amp; Floorwork, Box Work, Western Exotic Flow <b>Pole Styling Classes:</b> Low Flow, Basework, Pole Play</p>						<p>Floorplay: After Dark Every 3rd Friday of the month! Pajamas party, theme optional, desserts included, 18+, \$15 pp</p> 	

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.



302-307-9126

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Suite 201 - Yoga Nest & Dance Hall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:40p Playground		10:30a Guided Meditation 4:30p Playground 5:30p Hula Hoop (Lindsay) 7:20p Mobility for Backbends	1pm Country Line Dance <sup>2nd&amp;4th</sup> Wed 5:30p Hula Hoop (Lindsay) 7:20p Mobility for Backbends	10:30a Guided Meditation	4:30p Playground	3pm Glow&Groove Line Dance 1st, 3rd, 5th Saturdays (Hazel) 4:30p Playground

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