



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
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

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 ^{4/6}	2 10:50a Freestyle & Flow (Ann) ^{2+/2.5} 5:55p Playground 7:20p Climbing	3 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choreo Series ^{3/6}	4 10:50a Combos&Conditioning (Ann) ^{2+/2.5} 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Playground	5 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Choreo Series ^{4/6} 7:20p Pole 3 (Claire)	6 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) ^{lv2+}	7 12:15p Pole Mechanics (Tess) ²⁺ 1:40p Inversion Training (Tess) ^{lv2.5} 3:05p Pole 2 4:30p Twerk & Pole Series ^{5/6} with Ann, lvl 2
8 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Newcomer Pole ^{2/8} 5:55p Chair/Pole Play Series ^{5/6}	9 10:50a Freestyle & Flow (Ann) ^{2+/2.5} 5:55p Playground 7:20p Climbing	10 3:05p 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choreo Series ^{4/6}	11 10:50a Combos&Conditioning (Ann) ^{2+/2.5} 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 Choreo Series ^{5/6} with Ashley, lvl 2+ 7:20p Pole 3 (Claire)	13 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) ^{lv2+}	14 12:15p Pole Mechanics (Tess) ²⁺ 1:40p Inversion Training (Tess) ^{lv2.5} 3:05p Pole 2 4:30p Twerk & Pole Series ^{6/6}
15 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Newcomer Pole ^{3/8} 5:55p Chair/Pole Play Series ^{6/6}	16 10:50a Freestyle & Flow (Ann) ^{2+/2.5} 5:55p Playground 7:20p Climbing	17 St Patrick's Day 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choreo Series ^{5/6} with Ashley, lvl 2	Ash Wednesday 18 10:50a Combos&Conditioning (Ann) ^{2+/2.5} 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Newcomer Pole ^{2/8}	19 St Joseph's Day 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Add On ^{1/2} 7:20p Pole 3 (Claire)	20 5:55p Climbing 7:20p Pole Mechanics (Tess) ^{lv2+} 9pm Floorplay: After Dark Boss Bitches n' Submissives	21 12:15p Pole Mechanics (Tess) ²⁺ 1:40p Inversion Training (Tess) ^{lv2.5} 3:05p Pole 2 4:30p Twerk & Pole Add On ^{1/2}
22 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Newcomer Pole ^{4/8} 5:55p Chair/Pole Play Add On ^{1/2}	23 10:50a Freestyle & Flow (Ann) ^{2+/2.5} 5:55p Playground 5:55p Climbing/Test Out	24 4:30p Playground 5:55p Pole 2 7:20p Low Flow Choreo Series ^{6/6}	25 10:50a Combos&Conditioning (Ann) ^{2+/2.5} 5:55p Flex Appeal (Thea) 7:20p Pole 2 8:45p Newcomer Pole ^{3/8}	26 9:25a Soft Strength: Pole Stretch & Flow 5:55p Pole Art Add On ^{2/2} 7:20p Pole 3 (Claire)	27 4:30p Playground 5:55p Climbing/Test Out 7:20p Pole Mechanics (Tess) ^{lv2+}	28 12:15p Pole Mechanics (Tess) ²⁺ 1:40p Inversion Training (Tess) ^{lv2.5} 3:05p Pole 2 4:30p Twerk & Pole Add On ^{2/2} 6:30p Showcase Rehearsal
29 Palm Sunday 1:40p Playground 3:05 Kitten Heels & Floorwork 4:30p Climbing 5:55p Chair/Pole Play Add On ^{2/2}	30 10:50a Freestyle & Flow (Ann) ^{2+/2.5} 5:55p Playground 7:20p Pole 2	31 4:30p Playground 5:55p Pole 2 7:20p Low Flow Add on ^{1/1} with Ashley, lvl 2	1	2 Holy Thursday	3 Good Friday 4:30p Set-up for Showcase 6:30p Showcase Dress Rehearsal	4 6:30p Whimsy Wonderland Student/Teacher Showcase
<p><u>Kitten Heels & Floorwork:</u> Day 1: Walk, Crouch, Turn Day 2: Clacking & Floorwerk Day 3: Consecutive Turns Day 4: Juliettes & Leggydoo's</p> <p>Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Freestyle & Flow, Combos & Conditioning, Inversion Training, Pole 3 Pole Dancing Levels: Kitten Heels & Floorwork, Box Work, Western Exotic Flow Pole Styling Classes: Low Flow, Basework, Pole Play</p>						

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.



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Suite 201 - Yoga Nest & Dance Hall



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:40p Playground	5:55p Playground 7:20p Belly Dance - Roulette Raqs	10:30a Guided Meditation 4:30p Playground 5:30p Hula Hoop (Lindsay) 7:00p	1pm Country Line Dance 2 nd &4 th Wed 5:30p Hula Hoop (Lindsay) 7:20p Mobility for Backbends	10:30a Guided Meditation	4:30p Playground 9pm Floorplay: After Dark	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