



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
Women's History Mnth 1	2 10:50a Freestyle & Flow (Ann) 2+/2.5 5:55p Playground 7:20p Newcomer Pole 4/8	3 4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) M2	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 It's Tricky (Ashley) M2+ 7:20p Pole 3 (Claire)	6 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) M2+	7 12:15p Pole Mechanics (Tess) 2+ 1:40p Inversion Training (Tess) M2.5 3:05p Pole 2 4:30p Twerk & Pole (Ann) M2
Int'l Women's Day 8 Daylights Savings! Frwd 1 hr! 3:05p Playground 4:30p Intro to Pole 5:55p Chair/Pole Play (Ann) M2	9 10:50a Freestyle & Flow (Ann) 2+/2.5 5:55p Playground 7:20p Climbing	10 4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) M2	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 It's Tricky (Ashley) M2+ 7:20p Pole 3 (Claire)	13 4:30p Playground 5:55p Climbing 7:20p Pole Mechanics (Tess) M2+	14 12:15p Pole Mechanics (Tess) 2+ 1:40p Inversion Training (Tess) M2.5 3:05p Pole 2 4:30p Twerk & Pole (Ann) M2
15 3:05p Playground 4:30p Newcomer Pole 2/8 5:55p Chair/Pole Play (Ann) M2	16 10:50a Freestyle & Flow (Ann) 2+/2.5 5:55p Playground 7:20p Climbing	17 4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) M2	18 Ash Wednesday 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 It's Tricky (Ashley) M2+ 7:20p Pole 3 (Claire)	20 5:55p Climbing 7:20p Pole Mechanics (Tess) M2+ 9pm Floorplay: After Dark Boss Bitches n' Submissives	21 12:15p Pole Mechanics (Tess) 2+ 1:40p Inversion Training (Tess) M2.5 3:05p Pole 2 4:30p Twerk & Pole (Ann) M2
22 3:05p Playground 4:30p Newcomer Pole 3/8 5:55p Chair/Pole Play (Ann) M2	23 10:50a Freestyle & Flow (Ann) 2+/2.5 5:55p Playground 7:20p Climbing	24 4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) M2	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 It's Tricky (Ashley) M2+ 7:20p Pole 3 (Claire)	27 4:30p Playground 5:55p Climbing/Test Out 7:20p Pole Mechanics (Tess) M2+	28 12:15p Pole Mechanics (Tess) 2+ 1:40p Inversion Training (Tess) M2.5 3:05p Pole 2 4:30p Twerk & Pole (Ann) M2
Palm Sunday 29 3:05p Playground 4:30p Newcomer Pole 4/8 5:55p Chair/Pole Play (Ann) M2	30 10:50a Freestyle & Flow (Ann) 2+/2.5 5:55p Playground 5:55p Climbing/Test Out	31 4:30p Playground 5:55p Pole 2 7:20p Low Flow (Ashley) M2	1	Holy Thursday 2	Good Friday 3	4
Kitten Heels & Floorwerk: Day 1: Walk, Crouch, Turn Day 2: Clacking & Floorwerk Day 3: Consecutive Turns Day 4: Juliettes & Leggydoos						Floorplay: After Dark Every 3rd Friday of the month! Pajamas party, theme optional, desserts included, 18+, \$15 pp
Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Combos & Conditioning, Inversion Training, Pole 3 Pole Dancing Levels: Kitten Heels & Floorwerk, Box Work, Western Exotic Flow, Freestyle & Flow Pole Styling Classes: Low Flow, Basework, Pole Play						

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.



302-307-9126

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Suite 201 - Yoga Nest & Dance Hall



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:05p Playground	5:55p Playground 7:20p Belly Dance - Roulette Raqs	10:30a Guided Meditation 4:30p Playground	1pm Country Line Dance 2 nd & 4 th Wed 7:20p Mobility for Backbends	10:30a Guided Meditation 5:55p Hula Hoop (Lindsay)	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