

# JANUARY 2026

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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parties and Private lessons are booked seven days a week.	Italicized classes are Choreography Pink Classes require exotic platform shoes Purple Classes are Conditioning			New Years Day	1	2
				5:55p It's Tricky (Ashley) <sup>lv12+</sup> 7:20p Pole 3 (Claire)	10:50a Contemporary Pole (Ann) 4:30p Playground 5:55p Pole 2 7:20p Pole Mechanics (Tess) <sup>lv12+</sup> (Tess)	3 12:15p Pole Mechanics (Tess) <sup>lv12+</sup> 1:40p Inversion Training (Tess) <sup>lv12.5</sup> 3:05pm Boxwork Workshop 4:30p Pole 2 5:55p Playground
4 1:40p Playground 3:05 Climbing 4:30p Melt Like Candy (Jay) <sup>lv12</sup>	5 10:50a Freestyle & Flow (Ann) 5:55p Pole 2 7:20p Playground 8:45p Kitten Heels&Floorwork	6 3:05p Pole 2 4:30p Playground 5:55p Climbing 7:20p Low Flow (Ashley) <sup>lv12</sup>	7 10:50a Combos & Conditioning (Ann) <sup>lv12+</sup> 5:55p Flex Appeal (Thea) <NEW! 7:20p Intro to Pole 8:45p Playground	8 5:55p It's Tricky (Ashley) <sup>lv12+</sup> 7:20p Pole 3 (Claire)	9 10:50a Contemporary Pole (Ann) 4:30p Playground 5:55p Pole 2 7:20p Pole Mechanics (Tess) <sup>lv12+</sup>	10 12:15p Pole Mechanics (Tess) <sup>lv12+</sup> 1:40p Inversion Training (Tess) <sup>lv12.5</sup> 3:05p Intro to Pole 4:30p Pole 2 5:55p Playground
11 1:40p Playground 3:05 Climbing 4:30p Melt Like Candy (Jay) <sup>lv12</sup>	12 10:50a Freestyle & Flow (Ann) 5:55p Pole 2 7:20p Playground 8:45p Kitten Heels&Floorwork	13 3:05p Pole 2 4:30p Playground 5:55p Climbing 7:20p Low Flow (Ashley) <sup>lv12</sup>	14 10:50a Combos & Conditioning (Ann) <sup>lv12+</sup> 5:55p Flex Appeal (Thea) 7:20p Newcomer Pole <sup>2/8</sup> 8:45p Playground	15 5:55p It's Tricky (Ashley) <sup>lv12+</sup> 7:20p Pole 3 (Claire)	16 10:50a Contemporary Pole (Ann) 4:30p Playground 5:55p Pole 2 7:20p Pole Mechanics (Tess) <sup>lv12+</sup> 9pm Floorplay: After Dark	17 12:15p Pole Mechanics (Tess) <sup>lv12+</sup> 1:40p Inversion Training (Tess) <sup>lv12.5</sup> 3:05p Newcomer Pole <sup>2/8</sup> 4:30p Pole 2 5:55p Playground
18 1:40p Playground 3:05 Climbing 4:30p Melt Like Candy (Jay) <sup>lv12</sup>	19 MLK Day 10:50a Freestyle & Flow (Ann) 5:55p Pole 2 7:20p Playground 8:45p Kitten Heels&Floorwork	20 3:05p Pole 2 4:30p Playground 5:55p Climbing 7:20p Low Flow (Ashley) <sup>lv12</sup>	21 10:50a Combos & Conditioning (Ann) <sup>lv12+</sup> 5:55p Flex Appeal (Thea) 7:20p Newcomer Pole <sup>3/8</sup> 8:45p Playground	22 5:55p It's Tricky (Ashley) <sup>lv12+</sup> 7:20p Pole 3 (Claire)	23 10:50a Contemporary Pole (Ann) 4:30p Playground 5:55p Pole 2 7:20p Pole Mechanics (Tess) <sup>lv12+</sup>	24 12:15p Pole Mechanics (Tess) <sup>lv12+</sup> 1:40p Inversion Training (Tess) <sup>lv12.5</sup> 3:05p Newcomer Pole <sup>3/8</sup> 4:30p Pole 2 5:55p Playground
25 1:40p Playground 3:05 Climbing/Test Out 4:30p Melt Like Candy (Jay) <sup>lv12</sup>	26 10:50a Freestyle & Flow (Ann) 5:55p Pole 2 7:20p Playground 8:45p Kitten Heels&Floorwork	27 3:05p Pole 2 4:30p Playground 5:55p Climbing/Test Out 7:20p Low Flow (Ashley) <sup>lv12</sup>	28 10:50a Combos & Conditioning (Ann) <sup>lv12+</sup> 5:55p Flex Appeal (Thea) 7:20p Newcomer Pole <sup>4/8</sup> 8:45p Playground	29 5:55p It's Tricky (Ashley) <sup>lv12+</sup> 7:20p Pole 3 (Claire)	30 10:50a Contemporary Pole (Ann) 4:30p Playground 5:55p Pole 2 7:20p Pole Mechanics (Tess) <sup>lv12+</sup>	31 12:15p Pole Mechanics (Tess) <sup>lv12+</sup> 1:40p Inversion Training (Tess) <sup>lv12.5</sup> 3:05p Newcomer Pole <sup>4/8</sup> 4:30p Pole 2 5:55p Playground

Kitten Heels & Floorwork:  
Day 1: Walk, Crouch, Turn  
Day 2: Clacking & Floorwork  
Day 3: Consecutive Turns  
Day 4: Juliettes & Leggydoos

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

Floorplay: After Dark  
Pajamas party, theme optional  
desserts included, 18+, \$15 pp

Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Inversion Training, Pole 3  
Pink Dancing Levels: Kitten Heels & Floorwork, Box Work, Western Exotic Flow  
Styling Curriculum: Melt Like Candy, Low Flow

