NOVEMBER 2025 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22

23 24 25 26 27 28 29

DECEMBER 2025

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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JANUARY 2026

25 26 27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
Parties and Private lessons	10:50a Freestyle & Flow w/Ann	<<< NEW!! >>>	10:50a Combos and	<<< NEW!! >>>	10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (IVI2+)
are booked seven days a week.		4:30p Playground	Conditioning w/Ann (M 2)		4:30p Playground	1:40p Inversion Training w/Tess (N 2.5
	5:55p Climbing	5:35p Intro to Pole		5:55p It's Tricky w/Ashley (VI 2+)	5:55p Climbing	
	7:20p Playground	7:20p Low Flow w/Ashley ([vi 2)		7:20p Pole 3 w/Claire	7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
		8:45pm Pole 2			w/Tess	5:55p Playground
	8	9	10	11	12	1:
	10:50a Freestyle & Flow w/Ann		10:50a Combos and		10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (V12+)
1:40p Playground		4:30p Playground	Conditioning w/Ann (V) 2)	5:55p It's Tricky w/Ashley (VI 2+)	4:30p Playground	1:40p Inversion Training w/Tess (VI 2:3
2:45p Intro to Pole	5:55p Climbing	5:55p Newcomer Pole ^{2/8}		7:20p Pole 3 w/Claire	5:55p Climbing	
4:30p Pole Choreo w/Jay (VI 1+)	7:20p Playground	7:20p Low Flow w/Ashley ([v] 2)			7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
		8:45pm Pole 2			w/Tess	5:55p Playground
14	15	16	17	18	19	2
	10:50a Freestyle & Flow w/Ann	4:30p Playground	10:50a Combos and		10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (V12+)
1:40p Playground		5:55p Newcomer Pole 3/8	Conditioning w/Ann (IVI 2)	5:55p It's Tricky w/Ashley (VI 2+)	4:30p Playground	1:40p Inversion Training w/Tess (VI 2.
3:05p Newcomer Pole ^{2/8}	5:55p Climbing	7:20p Low Flow w/Ashley		7:20p Pole 3 w/Claire	5:55p Climbing	
4:30p Pole Choreo w/Jay (vi 1+)	7:20p Playground	lvl 2 Holiday Special			7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
		8:45pm Pole 2			9p Floorplay: After Dark	5:55p Playground
21	22	23	24	Christmas 25	26	2
	10:50a Freestyle & Flow w/Ann	4:30p Playground	10:50a Combos and		10:50a Contemporary Pole w/Ann	12:15p Pole Mechanics (VI2+)
1:40p Playground		5:55p Newcomer Pole 4/8	Conditioning w/Ann (IVI 2)		4:30p Playground	1:40p Inversion Training w/Tess (N12.5
3:05p Newcomer Pole ^{3/8}	5:55p Climbing/Test Out	7:20p Low Flow w/Ashley			5:55p Climbing/Test Out	
4:30p Pole Choreo w/Jay ((VI 1+)	7:20p Playground	lvl 2 Holiday Special			7:20p Pole Mechanics (IVI2+)	4:30 Pole 2
		8:45pm Pole 2			w/Tess	5:55p Playground
28	29	30	31	New Year's Day 1	2	
	10:50a Freestyle & Flow w/Ann	4:30p Playground	10:50a Combos and		70-min, Live Classes:	Playgrounds (Practice Time)
1:40p Playground	5:55p Pole 2	5:55p Beginner Pole ^{2/8}	Conditioning w/Ann (VI 2)		Single drop-in \$30	One/\$14, Ten/\$125, Twenty/\$200
3:05p Newcomer Pole 4/8	7:20p Playground	7:20p Low Flow w/Ashley			Five/\$125, Ten/\$225	expires in three and six months
4:30p Pole Choreo w/Jay (ivi 1+)		8:45pm Pole 2				

Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics, Inversion Training, Pole 3

Pole Dancing Levels: Kitten Heels & Floorwork, Box Work, Slinky Sirens, Western Exotic Flow

Styling Curriculum: Pole-ography, Low Flow