



BEEHIVE

POLE STUDIO

Suggested Program

Intro To Pole (L1)

Exotic Pole

Poleography I

Intro To Bee-ginner

Bee-ginner (L2-L3)

Latin Pole

Bee-ginner to Intermediate

Heelography

Poleography II

All Levels:
Pole Conditioning
& Sensual Flow

Beg-Int
Free Flow

Dance
Classes

Intermediate (L4)

Transition
Between
Levels

Fitness Levels