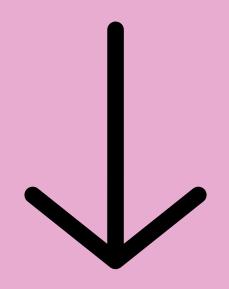


Suggested Program

Intro To Pole (L1)

Exotic Pole

Poleography I



Intro To Bee-ginner

Bee-ginner (L2-L3)

Latin Pole

Bee-ginner to Intermediate

All Levels:

Pole

Conditioning

Flow

& Sensual

Heelography

Poleography II

Beg-Int Free Flow

Dance Classes Intermediate (L4)

Transition
Between
Levels

Fitness Levels