

Class Menu

On The Pole

The Mirror & The Muse

A sensual low-flow pole class that invites you to move in devotion to your own reflection.

Move with softness, intention, and curiosity as you explore your body's rhythm in the mirror—until presence becomes poetry, and you become both the art and the artist.

Poetry

This shape-driven pole class focuses on sculptural flow—building strength, control, and clean lines with intention.

Each movement becomes a stanza, each shape a story. You are the rhythm, the structure, the verse.

Pilates

Where Pilates precision meets pole play.

This fusion class blends Pilates-based exercises with pole-inspired movement, using both props and the pole to build core strength, stability, and mobility. Expect a creative, low-impact burn that sculpts the body and deepens your connection to controlled, intentional movement—perfect for beginners or as cross-training for pole practitioners.

Off The Pole

Flow Like Her

Sensual, intuitive movement rooted in softness and self-connection.

A fluid blend of mobility work, stretch, and expressive flow—designed to increase range, release tension, and reconnect you to your body's fullest expression.

Poise & Petal

A Pilates-inspired sculpt and stretch class—graceful, grounded, and gently powerful. Designed to build core strength, enhance alignment, and cultivate control through slow, intentional movement. Expect a soft burn, deep focus, and the quiet bloom of strength from within.

Heel Me Softly

Learn to walk in heels with elegance, ease, and confidence.

A class for refining your presence, softening each step, and carrying yourself with grace, intention, and that certain something.