Studio La Femme

Class Schedule

Updated September 22, 2020

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| --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| 11am | Pole Dance |  |  |  |  |  |
| 12:15 pm | Open Pole |  |  |  |  |  |
| 4:45 |  |  |  | Pole Boot Camp |  |  |
| 5:30 |  |  | Yoga |  |  |  |
| 6:00 |  |  |  | Turn-Up |  | Curvy Queens Pole |
| 6:15 |  | Neo-Burlesque |  |  |  |  |
| 6:30 |  |  |  |  | Neo-Burlesque |  |
| 7:15 |  |  |  | Pole Dance |  |  |
| 7:30 |  | Intermediate Pole | Liquid Motion |  | Intermediate Pole |  |
| 8:30 |  |  |  | Pole Dance |  |  |

-Pole Dance is a class made for polers of any level. You will learn all of the basic fundamentals needed to pole and it’s an excellent class for beginners.

-Open Pole is free time to play on the poles with no coaching interruptions. Practice what you’ve learned in class. Made for girls who don’t have a pole at home.

-Neo Burlesque is a modern burlesque class for all skill levels and all body types. Twerking, hip-hop influences, R&B are all the inspiration for the style of dance that started it all.

-Intermediate Pole is invitation only for poler’s with the necessary pre-requisites to join.

-Yoga. Purely and truly. Come to center, align, and strengthen.

-Liquid Motion is all about sexy floorwork. Bump and grind, get in touch with your sensuality.

-Turn-Up is High Intensity Interval Training set to the beats of today’s top hits. Like Zumba but a lot sexier.

-Curvy Queens. A body positive pole class for plus sized Queens with lesson plans tailored to your body type.

-Pole Boot Camp is focused on strength and conditioning. Exercises on and off the pole that you can do at home as well will be the focus of the session. Good for all skill levels