

POLE	FLOW	CONDITIONING	OPEN STUDIO
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM						Conditioning 90	
9:15 AM						Beginner Pole	
9:30 AM				Beginner Pole			
10:30 AM						Heelology	
3:30 PM							Intro to Contortion
3:45 PM		Sensual Flow					
4:00 PM	Beginner Pole		Intro to Inverts	Beginner Flexibility			
5:00 PM		All Level Pole					Stripper Style
5:15 PM	All Level Combos		Intermediate 90				
5:30 PM				Open Pole 90			
6:15 PM		Beginner Pole					
6:30 PM	Freestyle Flow						
7:00 PM			Beginner Pole				
7:30 PM		Beginner Heels		Peachy Poleography			
8:00 PM	Peachy Poleography		Competition Prep				