

|      |      |              |             |
|------|------|--------------|-------------|
| POLE | FLOW | CONDITIONING | OPEN STUDIO |
|------|------|--------------|-------------|

| TIME     | MONDAY             | TUESDAY        | WEDNESDAY       | THURSDAY           | FRIDAY             | SATURDAY      | SUNDAY              |
|----------|--------------------|----------------|-----------------|--------------------|--------------------|---------------|---------------------|
| 7:30 AM  |                    |                |                 |                    |                    | Conditioning  |                     |
| 9:15 AM  |                    |                |                 |                    |                    | Beginner Pole |                     |
| 10:00 AM |                    |                | Beginner Pole   |                    |                    |               |                     |
| 10:30 AM |                    |                |                 |                    |                    | Heelology     |                     |
| 11:00 AM |                    |                |                 |                    |                    |               | Heel Tricks         |
| 2:50 PM  | Open Pole          |                |                 |                    |                    |               |                     |
| 3:30 PM  |                    |                |                 |                    |                    |               | Intro to Contortion |
| 4:00 PM  |                    |                | Beginner Pole   | Open Pole          |                    |               |                     |
| 4:15 PM  |                    | Beginner Flow  |                 |                    |                    |               |                     |
| 5:00 PM  |                    |                |                 |                    |                    |               | Stripper Style      |
| 5:15 PM  | 3 Tricks           |                | Intermediate 90 |                    |                    |               |                     |
| 5:30 PM  |                    | All Level Pole |                 | All Level Pole 90  |                    |               |                     |
| 6:30 PM  | Contemporary       |                |                 |                    | Happy Hour + Heels |               |                     |
| 6:45 PM  |                    | Beginner Pole  |                 |                    |                    |               |                     |
| 7:00 PM  |                    |                | Beginner Pole   |                    |                    |               |                     |
| 7:30 PM  |                    |                |                 | Peachy Poleography |                    |               |                     |
| 8:00 PM  | Peachy Poleography |                |                 |                    |                    |               |                     |