## Apr / May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			April				
31 Closed For Easter	1 5:30 pm floorwork flow *no experience required!* 6:45 pm beginner pole choreo *pole foundations requried* 8:00 pm chairlesque *no experience required!*	2 5:30 pm stretch and flex: splits *no experience required!* 6:45 pm pole progressions advanced 8:00 pm open aerial hoop or hammock *all levels welcome*	spins and transisitons *pole foundations req 8:00 pm pole choreography low flow	4 5:30 pm pole level 3 session class 4/6 6:45 pm pole level 3 session class 1/6 8:00 pm pole progressions level 2/3 split	5 5:30 pm pole conditioning 6:45 pm spin pole *pole foundations requried* 8:00 pm pole choreography lyrical basework *pole foundations requried*	6 9:30 am sling foundations *no experience required!* 10:45 am open pole open aerial *all levels welcome* 12:30 pm pole foundations session email to be added to waitlist	
			*intermediate*				
7 10:00 am Showgirl Sqaud w/ Sonia Week 1 11:30 am pole progressions level 3/4 split 12:45 pm hoop foundations *no experience	<ul> <li>8</li> <li>5:30 pm floorwork flow</li> <li>*no experience required!*</li> <li>6:45 pm beginner pole choreo</li> <li>*pole foundations requried*</li> <li>8:00 pm chairlesque</li> </ul>	<ul> <li>9</li> <li>5:30 pm stretch and flex: splits</li> <li>*no experience required*</li> <li>6:45 pm pole progressions advanced</li> <li>8:00 pm open aerial</li> </ul>	•	11 5:30 pm pole level 3 session class 5/6 6:45 pm pole level 3 session class 2/6 8:00 pm pole progressions	12 5:30 pm pole conditioning all levels welcome 6:45 pm spin pole *pole foundations requried* 8:00 pm pole choreography more details to come	<ul> <li>13</li> <li>9:30 am sling foundations *no experience required!*</li> <li>10:45 am open pole open aerial *all levels welcome*</li> <li>12:30 pm pole foundations</li> </ul>	
required!* 14	*no experience required!* 15	hoop or hammock *all levels welcome* 16	*pole foundations req 8:00 pm pole choreography low flow *intermediate* 17	*pole foundations requried*	19	session email to be added to waitlist 20	
10:00 am Showgirl Sqaud w/ Sonia Week 2 11:30 am pole progressions level 3/4 split 12:45 pm hoop foundations *no experience required!*	5:30 pm floorwork flow *no experience required!* 6:45 pm beginner pole choreo *pole foundations requried* 8:00 pm TBD	<ul> <li>5:30 pm stretch and flex: splits</li> <li>*no experience required*</li> <li>6:45 pm pole progressions advanced</li> <li>8:00 pm open aerial hoop or hammock</li> <li>*all levels welcome*</li> </ul>	*pole foundations req 8:00 pm	5:30 pm pole level 3 session class 6/6 6:45 pm pole level 3 session class 3/6 6:45 pm hoop foundations session week 1/6 8:00 pm pole progressions level 2/3 split *pole foundations requried*	<ul> <li>5:30 pm hella heels with Lindsay</li> <li>6:45 pm spin pole with Lindsay</li> <li>8:00 pm pole choreography more details to come</li> </ul>	9:30 am sling foundations *no experience required!* 10:45 am open pole open aerial *all levels welcome* 12:30 pm pole foundations session email to be added to waitlist	
21	22	23	24	25	26	27	
10:00 am Showgirl Sqaud w/ Sonia Week 3 11:30 am	5:30 pm floorwork flow *no experience required!* 6:45 pm	5:30 pm stretch and flex: splits *no experience required*	5:30 pm open sling *no experience required* 6:45 pm	6:45 pm pole foundations session class 4/6 6:45 pm	5:30 pm pole conditioning all levels welcome 6:45 pm spin pole	9:30 am sling foundations *no experience required!* 10:45 am	

<ul> <li>11:30 am pole progressions level 3/4 split</li> <li>12:45 pm hoop foundations *no experience required!*</li> </ul>	6:45 pm beginner pole choreo *pole foundations requried* 8:00 pm TBD	6:45 pm pole progressions advanced 8:00 pm open aerial hoop or hammock *all levels welcome*	<ul> <li>6:45 pm strength circuits</li> <li>*no experience required*</li> <li>6:45 pm spins and transisitons</li> <li>*pole foundations req</li> <li>8:00 pm pole choreography low flow</li> <li>*intermediate*</li> </ul>	hoop foundations session week 2/6 8:00 pm pole progressions level 2/3 split *pole foundations requried*	<ul> <li>*pole foundations</li> <li>*pole foundations</li> <li>requried*</li> <li>8:00 pm</li> <li>pole choreography</li> <li>more details to come</li> </ul>	open pole open aerial *all levels welcome* 12:30 pm pole foundations session email to be added to waitlist
			Мау			
28	29	30	1	2	3	4
10:00 am Showgirl Sqaud w/ Sonia Week 4 11:30 am pole progressions level 3/4 split 12:45 pm	5:30 pm floorwork flow *no experience required!* 6:45 pm beginner pole choreo *pole foundations requried*	5:30 pm stretch and flex: splits *no experience required* 6:45 pm pole progressions advanced	5:30 pm open sling *no experience required* 6:45 pm strength circuits *no experience required*	6:45 pm pole foundations session class 5/6 6:45 pm hoop foundations session week 3/6	5:30 pm pole conditioning all levels welcome 6:45 pm spin pole *pole foundations requried* 8:00 pm	9:30 am sling foundations *no experience required!* 10:45 am open pole open aerial *all levels welcome*
hoop foundations *no experience required!*	<b>8:00 pm</b> TBD	8:00 pm open aerial hoop or hammock *all levels welcome*	6:45 pm spins and transisitons *pole foundations req 8:00 pm pole choreography low flow *intermediate*	8:00 pm pole progressions level 2/3 split *pole foundations requried*	pole choreography more details to come	12:30 pm pole foundations session email to be added to waitlist
5	6	7	8	9	10	11
10:00 am Showgirl Sqaud w/ Sonia Week 5 11:30 am pole progressions level 3/4 split	5:30 pm floorwork flow *no experience required!* 6:45 pm beginner pole choreo *pole foundations requried*	<ul> <li>5:30 pm stretch and flex: splits</li> <li>*no experience required*</li> <li>6:45 pm pole progressions advanced</li> </ul>	5:30 pm open sling *no experience required* 6:45 pm strength circuits *no experience required*	6:45 pm pole foundations session class 6/6 6:45 pm hoop foundations session week 4/6	5:30 pm pole conditioning all levels welcome 6:45 pm spin pole *pole foundations requried* 8:00 pm	9:30 am sling foundations *no experience required!* 10:45 am open pole open aerial *all levels welcome*
12:45 pm hoop foundations *no experience required!*	<b>8:00 pm</b> TBD	8:00 pm open aerial hoop or hammock *all levels welcome*	6:45 pm spins and transisitons *pole foundations req 8:00 pm pole choreography low flow *intermediate*	8:00 pm pole progressions level 2/3 split *pole foundations requried*	pole choreography more details to come	12:30 pm pole foundations session email to be added to waitlist
hoop foundations *no experience		open aerial hoop or hammock	spins and transisitons *pole foundations req 8:00 pm pole choreography low flow	pole progressions level 2/3 split * <b>pole foundations</b>	pole choreography	pole foundations session email to be added

19	20	21	22	23	24	25
10:00 am Showgirl Sqaud w/ Sonia Week 7 11:30 am pole progressions level 3/4 split 12:45 pm hoop foundations *no experience required!*	5:30 pm floorwork flow *no experience required!* 6:45 pm beginner pole choreo *pole foundations requried* 8:00 pm TBD	<ul> <li>5:30 pm stretch and flex: splits</li> <li>*no experience required*</li> <li>6:45 pm pole progressions advanced</li> <li>8:00 pm open aerial hoop or hammock</li> <li>*all levels welcome*</li> </ul>	5:30 pm open sling *no experience required* 6:45 pm strength circuits *no experience required* 6:45 pm spins and transisitons *pole foundations req 8:00 pm pole choreography low flow *intermediate*	6:45 pm hoop foundations session class 4/6 8:00 pm pole progressions level 2/3 split *pole foundations requried*	<ul> <li>5:30 pm pole conditioning all levels welcome</li> <li>6:45 pm spin pole</li> <li>*pole foundations requried*</li> <li>8:00 pm pole choreography more details to come</li> </ul>	9:30 am sling foundations *no experience required!* 10:45 am open pole open aerial *all levels welcome* 12:30 pm pole foundations session email to be added to waitlist
26	27	28	29	30	31	1
10:00 am Showgirl Sqaud w/ Sonia Week 8 11:30 am pole progressions level 3/4 split 12:45 pm hoop foundations *no experience required!*	5:30 pm floorwork flow *no experience required!* 6:45 pm beginner pole choreo *pole foundations requried* 8:00 pm TBD	<ul> <li>5:30 pm stretch and flex: splits</li> <li>*no experience required*</li> <li>6:45 pm pole progressions advanced</li> <li>8:00 pm open aerial hoop or hammock</li> <li>*all levels welcome*</li> </ul>	<ul> <li>5:30 pm open sling</li> <li>*no experience required*</li> <li>6:45 pm strength circuits</li> <li>*no experience required*</li> <li>6:45 pm spins and transisitons</li> <li>*pole foundations req</li> <li>8:00 pm pole choreography low flow</li> <li>*intermediate*</li> </ul>	6:45 pm pole foundations session class 4/6 8:00 pm pole progressions level 2/3 split *pole foundations requried*	<ul> <li>5:30 pm pole conditioning all levels welcome</li> <li>6:45 pm spin pole</li> <li>*pole foundations requried*</li> <li>8:00 pm pole choreography more details to come</li> </ul>	9:30 am sling foundations *no experience required!* 10:45 am open pole open aerial *all levels welcome* 12:30 pm pole foundations session email to be added to waitlist