



## LOCATIONS :

**DG STUDIO 77**

**STUDIO BIZZ**

**+ ONLINE : PATREON**

\* L = LEVEL : 1 INTRO - 5 ADV

**SUPPORT : PATREON.COM/XTREMEKINETIX**

TIME	MON	TUES	WED	THURS
5:00 pm	XOTIC POLE *L1-5	TWERX +		XTREME COMBATIVES
6:00 pm				POLE BASIX + *L1-2
7:00 pm		POLE DANCE *L1-5 @STUDIOBIZZ		POLE TRIXTERS + *L3-5
7:45 pm	POLE DANCE *L1-5 @STUDIOBIZZ			
8:00 pm	XTREME COMBATIVES +	XTREME COMBATIVES		
9:00 pm		XHIBIT KAO\$	XTREME COMBATIVES	

**RESERVATION REQUIRED : [INFO@XTREMEKINETIX.COM](mailto:INFO@XTREMEKINETIX.COM) / (514) 846 - 8456**

**+ PERSONAL TRAINING / NUTRITION PROGRAM/ PARTIES/ POLE STAGE RENTAL**

## **CLASS DESCRIPTIONS:**

**L = LEVEL : 1 INTRO - 5 ADVANCED**

**POLE DANCE \*L 1-5 :** These are the only 2 classes at Studio Bizz Location. Spins, combos, conditioning, dance, choreo and flexibility training. Heels optional. Open to all Levels.

**ALL OTHER CLASSES AT DG STUDIO 77 (Classes with + are also ONLINE THROUGH PATREON)**

**POLE BASIX L1-2 :** Fundamentals pole class for beginners, and those who want to strengthen foundations.

**XOTIC POLE L1-5 :** Bring your heels for this exotic pole class.

**POLE TRIXTERS L3-5:** A barefoot class working on more advanced tricks, combos and techniques, think of it as Ninja Pole.

**TWERX :** Lets build that booty, and shake it! Great cardio and conditioning, bring indoor running shoes, colorful leggings or shorts. Open to all Levels.

**XHIBIT KAO\$ :** Join our Performance Gang! Here we make videos do solos and prepare for shows. We use Poles, Lollipop Pole, Lyra, Pole Silki Fusion, Aerial Silks, Aerial Hammock, Weapons, Stunts, LED poi, Space Whip and more! Open to all levels, but better if you have done Pole Basix first ;) Content from this class including videos and pictures will be public. Let the world see your shine!

**XTREME COMBATIVES :** Martial Arts class unlike any other! Build confidence, learning Self Defense, Strikes, Kicks, Combos, Shadow, Bag and Pad Work, Falls, Rolls, Traditional Forms, Fight Choreography, Stunts and more! All while doing a KILLER workout that will get you the shredded body of an olympian God / Goddess ;)

**CLASS PRICING : MUST BE BOOKED IN ADVANCE, SPACE IS VERY LIMITED:**

**SUMMER SESSION JULY 13 - AUGUST 27**

**7 weeks left!**

**@STUDIO BIZZ**

**POLE DANCE L1-5**

**Drop- In : 27\$ Must register in advance, depends on availability.**

**MONDAYS 7:45PM - 8:45PM OR TUESDAYS 7:00PM-8:00PM (PLEASE SPECIFY WHICH DAY) = 175\$**

**MONDAYS 7:45PM - 8:45PM AND TUESDAYS 7:00PM - 8:00PM = 340\$**

**@DG STUDIO 77**

**MISSED CLASSES CAN BE MADE UP WITH ANY EQUAL / LOWER VALUE CLASS IN THE SAME SESSION  
DEPENDENT ON AVAILABILITY.-**

**DROP-IN = Pole/ Xhibit Kao\$: 27\$ , Martial Arts / Twerx : 22\$ Must register in advance, depends on availability.**

**1 CLASS PER WEEK POLE / XHIBIT KAO\$ CLASS = 175\$**

**2 CLASSES PER WEEK MIX OF POLE/ XHIBIT KAO\$ = 340\$**

**1 CLASS PER WEEK : XTREME COMBATIVES/ TWERX= 100\$**

**2 CLASSES PER WEEK : XTREME COMBATIVES/ TWERX = 100\$**

**2 CLASSES PER WEEK : 1 POLE/ XHIBIT KAO\$ & 1 XTREME COMBATIVES/ TWERX = 280\$**

**UNLIMITED XTREME COMBATIVES 4 CLASSES PER WEEK = 260\$**

**UNLIMITED XTREME COMBATIVES + TWERX = 5 CLASSES PER WEEK = 360\$**

**UNLIMITED ALL ACCESS PASS @DG STUDIO 77 = 9 CLASSES PER WEEK= 460\$**

**PAYMENTS**  
(English will follow...)

**MODE DE PAIEMENT:** Virement Interac à : [info@xtremekinetix.com](mailto:info@xtremekinetix.com)  
(svp mettez le mot de passe, un mot sans espaces : **polefit**)

**INSCRIPTIONS:** Acheter un forfait réservé votre place pour la session complète.  
**Drop-IN :** Réserve ta place en m'envoyant un text ou un courriel avant chaque cours.

**CONDITIONS D'UTILISATION :** Forfaits valides jusqu'à la fin de la session, jusqu'au 27 août 2020 inclusivement. Non transférables et non remboursables. Ne peuvent pas être transférés au cours d'un autre journée. Seulement pour la journée choisie au moment de l'inscription. Si vous manquer un cours svp me notifier par text ou courriel 24h avant le cours. Possibilité de reprendre le cours "make-up" pendant une autre journée durant la session, si il y a de l'espace.

☐ N'hésitez pas de me contacter si vous avez des questions ! ☐ À bientôt! 😊

**PAYMENTS**

**PAYMENT OPTION:** E-transfer to [info@xtremekinetix.com](mailto:info@xtremekinetix.com)  
(please make the password as follows, one word with no spaces : **polefit**)

**REGISTRATIONS:** Buying a package reserves your spot for the whole session. Reservations are mandatory.  
**Drop-Ins :** Text/ Call me or e-mail me to save your spot before every class.

**CONDITIONS:** Summer packages are valid until the end of the summer session— August 27th, 2020 inclusively. Packages are non-refundable and non-transferable. Packages for one class cannot be transferred to another days class. In case of absence, let me know 24h in advance and exceptions can be made where you take a make up class on a different day within the session, but this has to be confirmed with me by text or e-mail before attending the make-up class, and is dependent on availability.

☐ Please don't hesitate to contact me if you have any questions. ☐ See you soon! 😊

## **PRIVATE / SEMI PRIVATE**

**FOR INDIVIDUALIZED TRAINING - TAILORED TO YOUR SPECIFIC GOALS - RESULT ORIENTED**

**BOOK A SPECIALIZED PRIVATE / SEMI PRIVATE TRAINING SESSION**

### **WE OFFER:**

**Nutrition Consultation/ Meal Plan - Includes personalized meal plan, check ins to stay on track with your nutrition goals. Specializing in long term fat loss, increasing immune function and preventative therapy through a whole foods plant based diet.**

**1 hour Consultation + Nutrition Plan = 95\$**

**1 hour Follow-ups = 60\$**

**Fitness Evaluation and Training Program with Nik Frost OR Sara Flame. During this session we can work on getting you closer to your Kinetic Arts or Fitness goals. First meeting is a 2 hour comprehensive fitness evaluation, to help us create a plan specific to your needs.**

**Comprehensive Fitness Evaluation = 95\$**

**Single Training Session = 60\$ (+20\$ for each additional person)**

**Package of 10 Private Training Sessions = 50\$ each, SAVE 100\$**

**PARTIES : BACHELORETTES, BIRTHDAYS, GIRLS NIGHT OUT, MYSTIC PARTY, PHOTO-SHOOTS AND MORE!**

**Book your party with us!**

**Montreal's #1 for Girls Night Out and Bachelorettes**

**1.5 Hour event - 250\$**

**10 person MAX**

**(50\$ Non-refundable deposit required to reserve)**

**Check out our website for party packages or call / text / email us to find out more!**

**POLE STAGE RENTAL:**

**Rent a spinning/ static pole stage for your own event. Fits in a car, super sturdy, can hold 250lbs. 7" height.**

**250\$ for up to 48h rental**

## **DG STUDIO 77**

3035 SAINT ANTOINE OUEST,  
STUDIO#077  
MONTREAL QC,  
METRO - LIONEL GROULX

[XTREMEKINETIX.COM](http://XTREMEKINETIX.COM)

## **STUDIO BIZZ MONT ROYAL**

551 MONT ROYAL EST,  
3RD FLOOR, STUDIO "D"  
MONTREAL QC,  
METRO - MONT ROYAL

[STUDIOBIZZ.COM](http://STUDIOBIZZ.COM)

