

Class Schedule

Monday

Time:	Pole Studio		Time:	Dance Studio
8:30am-9:30am	Morning Pole		8:30am-9:30am	
9:30am-10:30am			9:30am-10:30am	Golden Girlz
5:30pm-6:30pm			6:00pm-7:00pm	
6:00pm-7:00pm	All Level Pole			
7:00pm- 7:30pm	Pole Fitness			

Tuesday

Time:	Pole Studio		Time:	Dance Studio
4:15pm-5:15pm			4:15pm-5:15pm	PrivateTumbling Session
5:30pm-6:00pm			5:30pm-6:15pm	Toddler Tumbling
6:30pm-7:30pm	Advanced Pole		6:30pm-7:30pm	Black Girl Magic Yoga

Wednesday

Time:	Pole Studio		Time:	Dance Studio
8:30am-9:30am	Morning Pole		8:30am-9:30am	
9:30am-10:30am			9:30am-10:30am	Golden Girlz
4:30pm-5:30pm			4:30pm-5:15pm	
5:30pm-6:30pm			6:30pm-7:15pm	Hip Hop Cardio
6:00pm-7:00pm	Beginner Pole		7:30pm-8:00pm	Tummy Tone
7:00pm-8:00pm	Seduction Pole/Floor Werk			

Thursday

Time:	Pole Studio		Time:	Dance Studio
4:15pm-5:15pm			4:15pm-5:15pm	PrivateTumbling Session
5:00pm-6:00pm			5:30pm-6:00pm	Toddler Tumbling
6:00pm-7:00pm	Intermediate Pole		6:15pm-7:00pm	Black Girl Magic Yoga

Saturday

Time:	Pole Studio		Time:	Dance Studio
9:00am-10:00am			9:00am-10:00am	Temple Dance: Liturgical Dance
10:00am-11:00am			10:00am-11:00am	
11:00am-12:00pm	All Level Pole		11:00am-12:00pm	

