

September 2020

No Walk-Ins Accepted
Pre-Registration or by Private Appointment

Appointments booked 7 days/week
Parties booked Friday - Sunday

E-mail to schedule a tour!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 4:20p Kick Your Brass Conditioning 5:25 Kids Pole 6:30p Heels & Floorwerk 7:35p Pole 2 8:40p Playground	1 5:25p Kick Your Brass Conditioning 6:30p Playground 7:35p Climbing (lvl 1.5)	2 4:30p Playground 5:25p Pole Flow (lvl 2+ Keke) 6:30p Spin Pole Technique (lvl2.5/3) 7:35p Stretch & Flex	3 ONLINE 5pm Swing Dance I (ECS/WCS) ^{1/6} ONLINE 6pm Swing Dance II (LH/Blues) ^{1/6} ONLINE 7pm Latin Dance I (Mer/Bach) ^{1/6} ONLINE 8pm Latin Dance II (Sals/BZ) ^{1/6}	4 5:25p Pole 2 6:30p Inversion Training (lvl 2.5) 8p Chez Nous Playground <Heroes & Villains>	5 12p Pole 2 1:05p Climbing (lvl 1.5) NEW 2:10p Beginner Pole Basics ^{1/4} 3:15p Playground
6	7 4:20p Kick Your Brass Conditioning 5:25 Kids Pole 6:30p Heels & Floorwerk 7:35p Pole 2 8:40p Playground	8 5:25p Kick Your Brass Conditioning 6:30p Playground 7:35p Climbing (lvl 1.5)	9 4:20p Playground 5:25p Pole Flow (lvl 2+ Keke) 6:30p Spin Pole Technique (lvl2.5/3) 7:35p Stretch & Flex	10 ONLINE 5pm Swing Dance I ^{2/6} ONLINE 6pm Swing Dance II ^{2/6} ONLINE 7pm Latin Dance I ^{2/6} ONLINE 8pm Latin Dance II ^{2/6}	11 5:25p Pole 2 6:30p Inversion Training (lvl 2.5)	12 12p Pole 2 1:05p Climbing (lvl 1.5) NEW 2:10p Beginner Pole Basics ^{2/4} 3:15p Playground
13	14 4:20p Kick Your Brass Conditioning 5:25 Kids Pole 6:30p Heels & Floorwerk 7:35p Pole 2 8:40p Playground	15 5:25p Kick Your Brass Conditioning 6:30p Playground 7:35p Climbing (lvl 1.5)	16 4:20p Playground 5:25p Pole Flow (lvl 2+ Keke) 6:30p Spin Pole Technique (lvl2.5/3) 7:35p Stretch & Flex	17 ONLINE 5pm Swing Dance I ^{3/6} ONLINE 6pm Swing Dance II ^{3/6} ONLINE 7pm Latin Dance I ^{3/6} ONLINE 8pm Latin Dance II ^{3/6}	18 5:25p Pole 2 6:30p Inversion Training (lvl 2.5)	19 12p Pole 2 1:05p Climbing (lvl 1.5) NEW 2:10p Beginner Pole Basics ^{3/4} 3:15p Playground
20	21 4:20p Kick Your Brass Conditioning 5:25 Kids Pole 6:30p Heels & Floorwerk 7:35p Pole 2 8:40p Playground	22 5:25p Kick Your Brass Conditioning 6:30p Playground 7:35p Climbing (lvl 1.5)	23 4:20p Playground 5:25p Pole Flow (lvl 2+ Keke) 6:30p Spin Pole Technique (lvl2.5/3) 7:35p Stretch & Flex	24 ONLINE 5pm Swing Dance I ^{4/6} ONLINE 6pm Swing Dance II ^{4/6} ONLINE 7pm Latin Dance I ^{4/6} ONLINE 8pm Latin Dance II ^{4/6}	25 5:25p Pole 2 6:30p Inversion Training (lvl 2.5)	26 12p Pole 2 1:05p Climbing (lvl 1.5) NEW 2:10p Beginner Pole Basics ^{4/4} 3:15p Playground
27	28 STUDIO CLOSED FOR MOVING Pole Class Levels: Beginner Pole Basics --> Climbing, Heels & Floorwerk --> Pole 2 --> Flow (Femmeography) --> Inversion Training	29	30	1 \$45 Online Partner Dance Classes Swing = East Coast Swing, Lindy Hop, West Coast Swing, and Blues Latin = Merengue, Bachata, Salsa and Brazilian Zouk	2 Fridays reserved for themed events, workshops, and private parties	3 Classes are 55 mins. \$20 Drop-in, discounts apply in bulk Parties, private lessons, and group classes are limited to 22 participants.