

September

2018

Please remember to check online under the "REGISTER" for our most current schedule.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
2 11a Beginner Pole 12p Bend Don't Break	3 5:45p Gentle/ Beginner Flow Yoga 6p FloorNication 7:05p Spins & Shapes 8:10p Grounded Inversions	4 11a Pole 1-3 ----- 6p Power Flow Yoga 6p Pole 1-2 7:05p Stretch It Out 7:05p Beginner Pole	5 11a Power Hour 12p Inversions 1-2 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	6 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	7 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	8 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
9 11a Beginner Pole 12p Bend Don't Break	10 5:45p Gentle/ Beginner Flow Yoga 6p FloorNication 7:05p Spins & Shapes 8:10p Grounded Inversions	11 11a Pole 1-3 ----- 6p Power Flow Yoga 6p Pole 1-2 7:05p Stretch It Out 7:05p Beginner Pole	12 11a Power Hour 12p Inversions 1-2 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	13 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	14 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	15 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
16 11a Beginner Pole 12p Bend Don't Break	17 5:45p Gentle/ Beginner Flow Yoga 6p FloorNication 7:05p Spins & Shapes 8:10p Grounded Inversions	18 11a Pole 1-3 ----- 6p Power Flow Yoga 6p Pole 1-2 7:05p Stretch It Out 7:05p Beginner Pole	19 11a Power Hour 12p Inversions 1-2 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	20 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	21 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	22 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
23 11a Beginner Pole 12p Bend Don't Break	24 5:45p Gentle/ Beginner Flow Yoga 6p FloorNication 7:05p Spins & Shapes 8:10p Grounded Inversions	25 11a Pole 1-3 ----- 6p Power Flow Yoga 6p Pole 1-2 7:05p Stretch It Out 7:05p Beginner Pole	26 11a Power Hour 12p Inversions 1-2 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	27 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	28 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	29 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
30 11a Beginner Pole 12p Bend Don't Break	1	2	3	4	5	6

