

# October

2018

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 5:45p Gentle/ Beginner Flow Yoga 6p FloorNication 7:05p Spins & Shapes 8:10p Grounded Inversions	2 11a Pole 1-3 ----- 6p Power Flow Yoga 6p Pole 1-2 7:05p Stretch It Out 7:05p Beginner Pole	3 11a Power Hour 12p Inversions 101 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	4 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	5 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	6 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
7	8 5:45p Gentle/ Beginner Flow Yoga 6p FloorNication 7:05p Spins & Shapes 8:10p Grounded Inversions	9 11a Pole 1-3 ----- 6p Power Flow Yoga 6p Pole 1-2 7:05p Stretch It Out 7:05p Beginner Pole	10 11a Power Hour 12p Inversions 101 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	11 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	12 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	13 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
14	15 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	17 11a Power Hour 12p Inversions 101 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	18 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	19 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	20 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
21	22 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	24 11a Power Hour 12p Inversions 101 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	25 5p Open Studio 6:00p Pole Level 1 7:05p Tricks & Inversions	26 11a Beginner Pole ----- 12:05p Pole 1-3 6:00p Happy Hour Pole Dance (all level)	27 9:45a Gentle/ Beginner Flow Yoga 11a Slinky Saturday 12:05p Pole 1-3
28	29 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	31 11a Power Hour 12p Inversions 101 ----- 6p Gentle/ Beginner Flow Yoga 6p K.I.S.S. 7:05p Power Flow Yoga 7:15p Beginner Sling	1	2	3

