

# December

2018

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 9:45a Gentle/ Beginner Flow Yoga 11a Sexy Basics (Beginner) 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 1-3. 7:05p Stretch It Out 7:05p Beginner Pole	5 11a Power Hour 12p Inversions 101 ----- 6p K.I.S.S. 7:15p Beginner Sling	6 6:00p Pole Level 1 7:05p Tricks & Inversions	7 11a Beginner Pole ----- 12:05p Pole 1-3	8 9:45a Gentle/ Beginner Flow Yoga 11a Sexy Basics (Beginner) 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 1-3. 7:05p Stretch It Out 7:05p Beginner Pole	12 11a Power Hour 12p Inversions 101 ----- 6p K.I.S.S. 7:15p Beginner Sling	13 6:00p Pole Level 1 7:05p Tricks & Inversions	14 11a Beginner Pole ----- 12:05p Pole 1-3	15 9:45a Gentle/ Beginner Flow Yoga 11a Sexy Basics (Beginner) 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 1-3. 7:05p Stretch It Out 7:05p Beginner Pole	19 11a Power Hour 12p Inversions 101 ----- 6p K.I.S.S. 7:15p Beginner Sling	20 6:00p Pole Level 1 7:05p Tricks & Inversions	21 11a Beginner Pole ----- 12:05p Pole 1-3	22 9:45a Gentle/ Beginner Flow Yoga 11a Sexy Basics (Beginner) 12:05p Pole 1-3
23 11a Beginner Pole 12p Bend Don't Break	24	25	26	27	28	29

