

January

2025

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|----------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| | | | Closed | 5:30pm ElevationsBEG 5:30pm Guided Practice 6:45pm Heel Appeal BEG 8pm ColLabCreations 8pmAfterHrsOpenPrac 9pmAfterHrsOpenPrac 9pm Guided Practice | 5:30pm Liquid Motion A.1 6:45pm ElevationsINT Jump Start January BINGO Night 8:30-9:30pm RSVP! | Closed |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Closed | 6pm PreReqPoleIntro | | 6pm ElevationsINT | 5:30pm ElevationsBEG | 5:30pm Liquid Motion A.2 | Closed |
| Weekly Theme: Gold/Yellow • Festive | 6pm Foundations 1.Intro | 6:45pm Liquid Motion A.3 | 6pm Guided Practice | 5:30pm Guided Practice | 6:45pm Inversions5.1 | |
| | 7:15pm Foundations 2.5 | 8pm Levitations 3.1 | 7:15pm Foundations 2.6 | 6:45pm Heel Appeal BEG | 8:30pm PhotoFunFriday AfterHoursOpenPractice | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 9pmAfterHrsOpenPrac 9pm Guided Practice | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Expressions 9pmAfterHrsOpenPrac | 9:30pmAfterHrsOpenPrac | |
| | | | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | 9pm Guided Practice | 9:30pm Guided Practice | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Closed | 6pm Foundations 1.1 | 5:30pm ElevationsBEG | 6pm Foundations 2.1 | 5:30pm Inversions5.1 | 5:30pm Liquid Motion A.3 | Closed |
| Weekly Theme: Silver • Winter Warm Up | 7:15pm Levitations 3.1 | 5:30pm Guided Practice | 7:15pm Levitations 4.1 | 6:45pm Heel Appeal BEG | 6:45pm Inversions5.2 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 6:45pm Liquid Motion A.4 8pm Levitations 3.2 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Workshop:Pole&Chair Combo | 8:30pm ElevationsBEG | |
| | | 9pmAfterHrsOpenPrac 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | 9:30pmAfterHrsOpenPrac | 8:30pm Guided Practice 9:30pmAfterHrsOpenPrac | |
| | | | | | 9:30pm Guided Practice | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Closed | 6pm Foundations 1.2 | 5:30pm ElevationsBEG | 6pm Foundations 2.2 | Closed | Closed | Closed |
| Weekly Theme: Black • Cozy Nights | 7:15pm Levitations 3.2 | 5:30pm Guided Practice | 7:15pm Levitations 4.2 | Blizzard | | Seattle |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 6:45pm Liquid Motion A.5 8pm Levitations 3.3 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | | | |
| | | 9pmAfterHrsOpenPrac 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | | | |
| | | | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| Closed | 6pm Foundations 1.3 | 5:30pm ElevationsBEG | 6pm Foundations 2.3 | 5:30pm Inversions5.2 | 5:30pm Liquid Motion A.4 | |
| Weekly Theme: White • Snow/ Blizzard | 7:15pm Levitations 3.3 | 5:30pm Guided Practice | 7:15pm Levitations 4.3 | 6:45pm Heel Appeal BEG | 6:45pm Inversions5.3 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 6:45pm Liquid Motion A.6 8pm Levitations 3.4 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm AfterHrsOpenPractice Thoughts&ThemesThu Social 90 mins | 8:30pm PhotoFunFriday AfterHoursOpenPractice | |
| | | 9pmAfterHrsOpenPrac 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | THEME: Snow | 9:30pmAfterHrsOpenPrac 9:30pm Guided Practice | |
| | | | | | | |

February 2025

Schedule is subject to change - Recheck regularly
Open Practice is available during MOST classes

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| | | | | | | Closed |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Closed | 6pm Foundations 1.4 | 5:30pm ElevationsBEG | 6pm Foundations 2.4 | 5:30pm Inversions5.3 | 5:30pm Liquid Motion A.5 | Closed |
| Weekly Theme: Red • Self | 7:15pm Levitations 3.4 | 5:30pm Guided Practice | 7:15pm Levitations 4.4 | 6:45pm Heel Appeal BEG | 6:45pm Inversions5.4 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 6:45pm PreReqPoleIntro | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Workshop:CircusCity | "FLIE" w/us February! BINGO Night 8:30-9:30pm RSVP! | |
| | | 6:45pm Foundations 1.Intro | | | | |
| | | 8pm Levitations 3.5 | | | | |
| | 9pmAfterHrsOpenPrac | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | | | | |
| | | 9pm Guided Practice | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Closed | 6pm Foundations 1.5 | 5:30pm ElevationsBEG | 6pm Foundations 2.5 | 5:30pm Inversions5.4 | Closed | Closed |
| Weekly Theme: Pink/red/white • Desire | 7:15pm Levitations 3.5 | 5:30pm Guided Practice | 7:15pm Levitations 4.5 | 6:45pm Heel Appeal BEG | Reno | Reno |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 6:45pm Foundations 1.1 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm PreReqPoleIntro | | |
| | | 8pm Levitations 3.6 | | | | |
| | | 9pmAfterHrsOpenPrac | | | | |
| | | 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Closed | 6pm Foundations 1.6 | 5:30pm Levitations 4.1 | 6pm Foundations 2.6 | 5:30pm Inversions5.5 | 5:30pm Liquid Motion A.6 | Closed |
| Weekly Theme: White • Winter Chill | 7:15pm Levitations 3.6 | 6:45pm Foundations 1.2 | 7:15pm Levitations 4.6 | 6:45pm Heel Appeal BEG | 6:45pm Inversions5.5 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Levitations 3.1 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm ElevationsBEG | 8:30pm ElevationsINT | |
| | | 9pmAfterHrsOpenPrac | | 8pm Guided Practice | 8:30pm Guided Practice | |
| | | 9pm Guided Practice | | 9pmAfterHrsOpenPrac | 9:30pmAfterHrsOpenPrac | |
| | | | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | 9pm Guided Practice | 9:30pm Guided Practice | |
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| Closed | 6pm Foundations 1.1 | 5:30pm Levitations 4.2 | 6pm Foundations 2.1 | 5:30pm Inversions5.6 | 5:30pm Inversions5.1 | |
| Weekly Theme: Pink/Black • Love vs Breakup | 7:15pm Levitations 3.1 | 6:45pm Foundations 1.3 | 7:15pm Levitations 4.1 | 6:45pm Heel Appeal BEG | 6:45pm Inversions5.6 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Levitations 3.2 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8:15pm AfterHrsOpenPractice Thoughts&ThemesThu Social 90 mins | 8:30pm PhotoFunFriday AfterHoursOpenPractice | |
| | | 9pmAfterHrsOpenPrac | | | 9:30pmAfterHrsOpenPrac | |
| | | 9pm Guided Practice | | | | |
| | | | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | THEME: Red/White/ Pink | 9:30pm Guided Practice | |

March

2025

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|----------|
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| | | | | | | Closed |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Closed | 6pm Foundations 1.2 | 5:30pm Levitations 4.3 | 6pm Foundations 2.2 | 5:30pm Inversions5.2 | Closed | Closed |
| Weekly Theme: Gold/Yellow • Motivation | 7:15pm Levitations 3.2 | 6:45pm Foundations 1.4 | 7:15pm Levitations 4.2 | 6:45pm Heel Appeal BEG | Mt | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Levitations 3.3 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm ElevationsBEG | | |
| | | 9pmAfterHrsOpenPrac | | 8pm Guided Practice | | |
| | | 9pm Guided Practice | | 9pmAfterHrsOpenPrac | | |
| | | | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | 9pm Guided Practice | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Closed | 6pm Foundations 1.3 | 5:30pm Levitations 4.4 | 6pm Foundations 2.3 | 5:30pm Inversions5.3 | 5:30pm Inversions5.4 | Closed |
| Weekly Theme: Fairies • Wonderland | 7:15pm Levitations 3.3 | 6:45pm Foundations 1.5 | 7:15pm Levitations 4.3 | 6:45pm Heel Appeal BEG | 6:45pm Inversions6.1 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Levitations 3.4 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Expressions | March in Pole Madness BINGO Night 8:30-9:30pm RSVP! | |
| | | 9pmAfterHrsOpenPrac | | 9pmAfterHrsOpenPrac | | |
| | | 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | 9pm Guided Practice | | |
| | | | | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Closed | 6pm Foundations 1.4 | 5:30pm Levitations 4.5 | 6pm Foundations 2.4 | 5:30pm Inversions5.5 | 5:30pm Inversions5.6 | Closed |
| Weekly Theme: Green • Festive | 7:15pm Levitations 3.4 | 6:45pm Foundations 1.6 | 7:15pm Levitations 4.4 | 6:45pm Heel Appeal BEG | 6:45pm Inversions6.2 | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Levitations 3.5 | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8pm Workshop:CircusCity | 8:30pm PreReqPoleIntro | |
| | | 9pmAfterHrsOpenPrac | | | 9:30pmAfterHrsOpenPrac | |
| | | 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | | 9:30pm Guided Practice | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Closed | 6pm Foundations 1.5 | 5:30pm Levitations 4.6 | 6pm Foundations 2.5 | 5:30pm Inversions6.1 | Closed | |
| Weekly Theme: Spring • New Beginnings | 7:15pm Levitations 3.5 | 6:45pm ElevationsINT | 7:15pm Levitations 4.5 | 6:45pm Heel Appeal BEG | State | |
| | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 6:45pm Guided Practice | 8:15pm-8:55 AfterHrsOpenPracMINI (40 mins) | 8:15pm AfterHrsOpenPractice Thoughts&ThemesThu Social 90 mins | | |
| | | 8pm Levitations 3.6 | | | | |
| | | 9pmAfterHrsOpenPrac | | | | |
| | 9pm Guided Practice | 9:30pm HumpDayHappyHour! AfterHrsOpenPrac | | THEME: Green | | |

Events

Bingo Night

Fri @ 8:30-9:30pm

| Event Date | Registration Deadline |
|------------|-----------------------|
| Jan 3 | Jan 2 |
| Feb 7 | Feb 6 |
| Mar 14 | Mar 13 |
| Apr 11 | Apr 10 |
| May 2 | May 1 |

Key Ceremony

7:30-8:30pm

| Event Date | RSVP Deadline |
|------------|---------------|
| May 2 | April 11 |

Themed Open Practice

Thoughts&Themes Thu Social

| | |
|--------------------|----------------|
| Thu Dec 26 @8:15pm | Festive |
| Thu Jan 30 @8:15pm | Snow |
| Thu Feb 27 @8:15pm | Red/White/Pink |
| Thu Mar 27 @8:15pm | Green |

Photo Fun Friday

| |
|---------------------|
| Fri Dec 27 @ 8:15pm |
| Fri Jan 10 @ 8:30pm |
| Fri Jan 31 @ 8:30pm |
| Fri Feb 28 @ 8:30pm |

Workshops

Chair/Pole Combo Thu Jan 16 @ 8pm

Circus City Thu Feb 6 @ 8pm
Thu Mar 20 @ 8pm

Choreo Classes

Collab Creations Thu Jan 2 @ 8pm

Expressions Thu Jan 9 @ 8pm
Thu Mar 13 @ 8pm

Heel Appeal Thursdays @6:45pm
Check Schedule

Weekly Themes

January

| | |
|-------|-------------------------|
| 6-10 | Gold/Yellow • Festive |
| 13-17 | Silver • Winter Warm Up |
| 20-24 | Black • Cozy Nights |
| 27-31 | White • Snow/Blizzard |

February

| | |
|-------|------------------------------|
| 3-7 | Red • Self Love |
| 10-14 | Pink/red/white • Desire |
| 17-21 | White • Winter Chill |
| 24-28 | Pink/black • Love vs Breakup |

March

| | |
|-------|--------------------------|
| 3-7 | Gold/Yellow • Motivation |
| 10-14 | Fairies • Wonderland |
| 17-21 | Green • Festive |
| 24-28 | Spring • New Beginnings |

