SEPTEMBER 2024							
s	М	т	w	т	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

**OCTOBER 2024** 

Due to COVID, no walk-ins are accepted Pre-registration or private appointments only Appointments booked 7 days/week Parties booked Friday - Sunday

NOVEMBER 2024							
S	М	т	w	т	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Pole Technique Levels: Foundations, Climbing, Pole 2, It's Tricky, Pole Mechanics,			4:30p Beginner Pole <sup>4/8</sup>			12:15p Pole Mechanics <sup>(IvI2+)</sup>
Inversion Training, Pole 3		Studio Closed	5:55p It's Tricky <sup>(IvI2+)</sup>	5:55p Low Flow $^{(I\vee I2)}$	5:55p Pole 2	1:40p Inversion Training
Pole Dancing Levels: Kitten Heels & Floorwork, Box Work, Western Exotic Flow			7:20p Climbing/Test Out	7:20p Pole 3	7:20p Pole Mechanics <sup>(Iv12+)</sup>	3:05p Intro to Pole
					8:45p Playground	4:30p Playground
6	7	8	9	10	11	12
	4:30p Pole Choreo		4:30p Climbing			
1:40p Pole 2		5:45p Intro to Pole	5:55p It's Tricky <sup>(Iv12+)</sup>	5:55p Low Flow <sup>(Iv12)</sup>	5:55p Pole 2	Open House!
3:05p Playground		7:20p Playground	7:20p Pole 2	7:20p Pole 3	7:20p Pole Mechanics <sup>(IvI2+)</sup>	1-4pm
4:30p Climbing		8:45p Pole 2			8:45p Playground	
13	14	15	16	17	18	19
	4:30p Pole Choreo		4:30p Climbing			12:15p Pole Mechanics <sup>(IvI2+)</sup>
1:40p Pole 2		5:55p Newcomer Pole <sup>2/8</sup>	5:55p It's Tricky <sup>(Iv12+)</sup>	5:55p Low Flow <sup>(Iv12)</sup>	5:55p Pole 2	1:40p Inversion Training
3:05p Playground		7:20p Playground	7:20p Pole 2	7:20p Pole 3	7:20p Pole Mechanics <sup>(Iv12+)</sup>	3:05p Newcomer Pole <sup>2/8</sup>
4:30p Climbing		8:45p Pole 2			9p Hallo-Q-ween	4:30p Playground
20	21	22	23	24	25	26
	4:30p Pole Choreo		4:30p Climbing			12:15p Pole Mechanics <sup>(IVI2+)</sup>
1:40p Pole 2		5:55p Newcomer Pole <sup>3/8</sup>	5:55p It's Tricky <sup>(IvI2+)</sup>	5:55p Low Flow <sup>(Iv12)</sup>	5:55p Pole 2	1:40p Inversion Training
3:05p Playground		7:20p Playground	7:20p Pole 2	7:20p Pole 3	7:20p Pole Mechanics <sup>(Iv12+)</sup>	3:05p Newcomer Pole <sup>3/8</sup>
4:30p Climbing		8:45p Pole 2			8:45p Playground	4:30p Playground
27	28	29	30	31	1	2
	4:30p Pole Choreo		5:55p Climbing/Test Out	70-min, Live Classes:	Chez Nous Playgrounds	Parties and Private
1:40p Pole 2		5:55p Newcomer Pole <sup>4/8</sup>	5:55p It's Tricky <sup>(IvI2+)</sup>	Single drop-in \$30	Pajamas party, theme optional	
3:05p Playground		7:20p Playground	7:20p Pole 2	Five/\$125, Ten/\$225	desserts included. 18+ only	days a week.