

JANUARY 2025

S	M	T	W	T	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	31	

FEBRUARY 2025

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



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MARCH 2025

S	M	T	W	T	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	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Kitten Heels & Floorwerk:</u> Day 1: Walk, Crouch, Turn Day 2: Clacking & Floorwerk Day 3: Consecutive Turns Day 4: Juliettes & Leggydoos</p>	<p>Playgrounds (Practice Time) One/\$14, Ten/\$125, Twenty/\$200 expires in three and six months</p>	<p>70-min. Live Classes: Single drop-in \$30 Five/\$125, Ten/\$225</p>	<p>90-minute Workshops \$40 per person transferrable to FDC</p>			<p>Parties and Private lessons are booked seven days a week.</p>
26-Jan 12:15p Climbing/Test Out 4:30p Pole Play Choreo (lvl1+)	27-Jan 5:55p Pole 2 7:20p Playground	28-Jan 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lvl2) 8:45p Newcomer Pole 4/8	29-Jan [Studio Closed]	30-Jan 5:55p Pole 2 7:20p Pole 3	31-Jan 4:30p Pole 2 5:55p Western Exotic (lvl2+) 7:20p Pole Mechanics (lvl2+) 8:45p Playground	1 12:15p Pole Mechanics (lvl2+) 1:40p Inversion Training 3:05p Playground 4:30p Climbing
2 12:15p Pole 2 1:40p Playground 3:05p Kitten Heels/Flrwrk 4:30p Pole Play Choreo (lvl1+)	3 4:30p Pole 2 5:55p Intro to Pole 7:20p Adore Pole Choreo (lvl 2.5+) 8:45p Playground	4 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lvl 2) 8:45p Climbing	5 5:55p Playground 7:20p Intro to Pole	6 5:55p Pole 2 7:20p Pole 3	7 4:30p Pole 2 5:55p Intro to Pole 7:20p Pole Mechanics (lvl2+) 8:45p Playground	8 12:15p Pole Mechanics (lvl2+) 1:40p Inversion Training 3:05p Playground 4:30p Climbing
9 10:30a Shouldermount Wrkshp 12:15p Pole 2 1:40p Playground 3:05p Kitten Heels/Flrwrk 4:30p Pole Play Choreo (lvl1+)	10 4:30p Pole 2 5:55p Newcomer Pole 2/8 7:20p Playground	11 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lvl 2) 8:45p Climbing	12 5:55p Playground 7:20p Newcomer Pole 2/8 ← Valentine's Special Flow	13 5:55p Pole 2 7:20p Pole 3	14 Valentine's Day 4:30p Pole 2 5:55p Newcomer Pole 2/8 7:20p Pole Mechanics (lvl2+) 8:45p Playground	15 12:15p Pole Mechanics (lvl2+) 1:40p Inversion Training 3:05p Playground 4:30p Climbing
16 12:15p Pole 2 1:40p Playground 3:05p Kitten Heels/Flrwrk 4:30p Pole Play Choreo (lvl1+)	17 Presidents' Day 4:30p Pole 2 5:55p Newcomer Pole 3/8 7:20p Playground	18 4:30p Playground 5:55p Pole 2 7:20p Low Flow (1/4) 8:45p Climbing	19 5:55p Playground 7:20p Newcomer Pole 3/8	20 5:55p Pole 2 7:20p Pole 3	21 4:30p Pole 2 5:55p Newcomer Pole 3/8 7:20p Pole Mechanics (lvl2+) 8:45p Playground	22 12:15p Pole Mechanics (lvl2+) 1:40p Inversion Training 3:05p Playground 4:30p Climbing/Test Out
23 12:15p Pole 2 1:40p Playground 3:05p Kitten Heels/Flrwrk 4:30p Pole Play Choreo (lvl1+)	24 4:30p Pole 2 5:55p Newcomer Pole 4/8 7:20p Adore Pole Choreo (lvl 2.5+) 8:45p Playground	25 4:30p Playground 5:55p Pole 2 7:20p Low Flow (2/4) 8:45p Climbing/Test Out	26 5:55p Playground 7:20p Newcomer Pole 4/8	27 5:55p Pole 2 7:20p Pole 3	28 4:30p Pole 2 5:55p Newcomer Pole 4/8 7:20p Pole Mechanics (lvl2+) 8:45p Playground	1 6p NAUGHTY GRAS Pajamas Party, \$15pp costumes optional lite fare included

Pole Technique Levels: Foundations, Climbing, Pole 2, Pole Mechanics, Inversion Training, Pole 3

Pole Dancing Levels: Kitten Heels & Floorwerk, Box Work, Slinky Sirens, Western Exotic Flow

Styling Curriculum: Pole Play Choreo, Pole Intimacy Choreo, Low Flow, Slinky Sirens, Adore Pole Freestyle