

DECEMBER 2024

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				

JANUARY 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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 302-307-9158
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FEBRUARY 2025

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Parties and Private lessons are booked seven days a week.	30 <i>Playgrounds (Practice Time)</i> One/\$14, Ten/\$125, Twenty/\$200 <i>expires in three and six months</i>	31 <i>70-min, Live Classes:</i> Single drop-in \$30 Five/\$125, Ten/\$225	1 Private Lessons Only	2 5:55p Pole 2 7:20p Pole 3 7:30p Ayesha Wrkshp	3 5:55p Boxwork (heels 102) 7:20p Pole Mechanics (lv2+) 8:45p Playground	4 90-min Wrkshp: 10:30a Skeleton Choreo: Flow 12:15p Pole Mechanics (lv2+) 1:40p Inversion Training 3:05p Pole 2 4:30p Intro to Pole
5 12:15p Climbing 1:40p Playground 3:05p Kitten Heels/Flwrk 4:30p Pole Play Choreo (lv1+)	6 SNOW DAY - NO CLASSES 5:55p Climbing/Test Out 7:20p Adore Pole Choreo (lv2.5+) 8:45p Playground	7 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lv2) 8:45p Intro to Pole	8 4:40p Kitten Heels/Flwrk 6pm Climbing/Test Out 7:20p Playground	9 5:55p Pole 2 7:20p Pole 3	10 4:30p Climbing/Test Out 5:55p Western Exotic (lv2+) 7:20p Pole Mechanics (lv2+) 8:45p Playground	11 12:15p Pole Mechanics (lv2+) 1:40p Inversion Training 3:05p Pole 2 4:30p Newcomer Pole 2/8
12 12:15p Climbing 1:40p Playground 3:05p Kitten Heels/Flwrk 4:30p Pole Play Choreo (lv1+)	13 5:55p Pole 2 7:20p Playground	14 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lv2) 8:45p Newcomer Pole 2/8	15	16 5:55p Pole 2 7:20p Pole 3	17 4:30p Pole 2 5:55p Western Exotic (lv2+) 7:20p Pole Mechanics (lv2+) 8:45p Playground	18 12:15p Pole Mechanics (lv2+) 1:40p Inversion Training 3:05p Pole 2 4:30p Newcomer Pole 3/8
19 12:15p Climbing 1:40p Playground 3:05p Kitten Heels/Flwrk 4:30p Pole Play Choreo (lv1+)	20 MLK Day 5:55p Pole 2 7:20p Adore Pole Choreo (lv2.5+) 8:45p Playground	21 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lv2) 8:45p Newcomer Pole 3/8	22	23 5:55p Pole 2 7:20p Pole 3	24 4:30p Pole 2 5:55p Western Exotic (lv2+) 7:20p Pole Mechanics (lv2+) 8:45p Playground	25 12:15p Pole Mechanics (lv2+) 1:40p Inversion Training 3:05p Pole 2 4:30p Newcomer Pole 4/8
26 12:15p Climbing/Test Out 1:40p Playground 3:05p Kitten Heels/Flwrk 4:30p Pole Play Choreo (lv1+)	27 5:55p Pole 2 7:20p Playground	28 4:30p Playground 5:55p Pole 2 7:20p Low Flow (lv2) 8:45p Newcomer Pole 4/8	29	30 5:55p Pole 2 7:20p Pole 3	31 4:30p Pole 2 5:55p Western Exotic (lv2+) 7:20p Pole Mechanics (lv2+) 8:45p Playground	1

Kitten Heels & Floorwerk:
 Day 1: Walk, Crouch, Turn
 Day 2: Clacking & Floorwerk
 Day 3: Consecutive Turns
 Day 4: Juliettes & Leggydoos

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