

October 2021

Monday – Thursday: 3:00pm – 8:30pm
 Friday: 5:00pm – 8:30pm
 Saturday: 9:30am – 12:30pm
 Sunday: Closed
 STUDIO HAPPY HOURS: Mon.-Thur. 3pm-5:45pm

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|--|---|
| <p>*Class Legend*</p> <ul style="list-style-type: none"> Purple = Fitness Classes In-Studio Orange = Pole Classes In-Studio GREEN Pole Curious Classes = for First-Time Students only, or Members can accompany First-Time Guests <p>*ALL reservations for classes are done online via the MindBody App*</p> | | | | | 1 | 2 |
| | | | | | 6:00pm – 80s Ladies with Panther 6:00pm – Pole Flow with Legs | 10:00am – Invanity 11:15am – Blurred Lines with Aurora 10:00am – Poles 1 11:15am – Pole Games with Shelsea |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 6:00pm – Video Vamp 7:15pm – Video Vamp with Panther 6:00pm – Poleography 7:15pm – Inversion with Exotica | 6:00pm – Ho-Down 7:15pm – Oh Split! with Rio 6:00pm – Poles 1 7:15pm – Polerina with Legs | 6:00pm – Blue Jeans or Bust 7:15pm – CoreSet with Raven 6:00pm – Poles 3 7:15pm – Pole Play with Aurora | 6:00pm – FU 7:15pm – Oh Split! with Exotica 6:00pm – Poles 1 7:15pm – Pole Control with Shelsea | 6:00pm – 80s Ladies with Panther 6:00pm – Poles 2 with Legs | 10:00am – Sittin’ Sexy 11:15am – ABSession 11:45am – Booty Blast with Shelsea 10:00am – Pole Twerk with Skittles |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 6:00pm – Hot Seat 7:15pm – A Taste of Twisted with Panther 6:00pm – Pole Curious 7:15pm – Poles 1 with Exotica | 6pm – 8pm – Ho-Down and Muscles Please with Panther & Raven 6:00pm – Poles 1 7:15pm – Poles 3 with Exotica | 6:00pm – 7:30pm – Going Rogue with Raven 6:00pm – Pole Twerk 7:15pm – Pole Seduction with Skittles | 6:00pm – FU 7:15pm – Oh Split! with Exotica 6:00pm – Inversion 7:15pm – Hell on Heels with Shelsea | 6:00pm – 80s Ladies with Panther 6:00pm – Polerina with Legs | 10:00am – Twisted THROWDOWN 11:15am – Video Vamp with Panther 10:00am – Poles 1 11:15am – Poleography with Aurora |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 6:00pm – Sittin’ Sexy 7:15pm – ABSession 7:45pm – Booty Blast with Shelsea 6:00pm – Poles 1 7:15pm – Inversion with Exotica | 6:00pm – Ho-Down 7:15pm – FloorPlay with Rio 6:00pm – Poles 2 7:15pm – Pole Flow with Legs | 6:00pm – TRX 7:15pm – Ring of Fire with Raven 6:00pm – Poleography 7:15pm – Poles 3 with Aurora | 6:00pm – Invanity 7:15pm – Blurred Lines with Aurora 6:00pm – Poles 2 7:15pm – Pole Games with Shelsea | 6:00pm – Twisted THROWDOWN with Panther 6:00pm – Poles 1 with Legs | 10:00am – FU 11:15am – Oh Split! with Exotica 10:00am – Pole Control 11:15am – Poles 1 with Shelsea |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 6:00pm – Sittin’ Sexy 7:15pm – ABSession 7:45pm – Booty Blast with Shelsea 6:00pm – Poles 1 7:15pm – Poles 3 with Exotica | 6pm – 8pm – Ho-Down and Muscles Please with Rio & Raven 6:00pm – Poles 1 7:15pm – Hell on Heels with Shelsea | 6:00pm – 20/20 7:15pm – Crunch Time with Raven 6:00pm – Poles 2 7:15pm – Inversion with Aurora | 6:00pm – 80s Ladies 7:15pm – Video Vamp with Panther 6pm – 8pm – Open Poles | 6pm-9pm Halloween Party! “Pole & Dance Performance” and Routine of the Month: “Thriller” * Sign up with Royal * | 10:00am – Hot Seat 11:15am – A Taste of Twisted with Panther 10:00am – Pole Curious 11:15am – Poleography with Exotica |

IMPORTANT: Classes and times are subject to change! Make sure to **FOLLOW US ON FACEBOOK** as we confirm each class daily. Any changes will be posted. We require a **6-hour notice to cancel a regular Pole or Fitness Class reservation without charge, whether or not the class is full.** Masks are not required to enter the building, but please alert us ASAP to cancel if you are feeling ill. Taking photos/videos during class is not allowed without permission of Instructor or Manager. ♥ Thank You!