







December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Class Legend*</p> <ul style="list-style-type: none"> • BLACK = Fitness Classes • BROWN = Pole Classes • GREEN Pole Curious* Classes = for FIRST-TIME Students only, or Members can accompany First-Time Guests (<i>"A Taste of Twisted" comes FREE with "Curious!"</i>) • BLUE = Morning Classes (Morning Classes will be "LOCK-INS" so please arrive by 5 minutes before class start time. ANY Morning Class is open to ALL Membership Levels and Non-Members.) <p>*ALL reservations for classes are done online via the MindBody App*</p>				<p>1</p> <p>6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i></p> <p>6:00pm – Pole Flow <i>with Sass</i> 7:15pm – Poles 1 <i>with Panther</i></p>	<p>2</p> <p>6:00pm – Blurred Lines 7:15pm – 80s Ladies <i>with Panther</i></p> <p>6:00pm – Poles 1 7:15pm – Inversion <i>with Exotica</i></p>	<p>3</p> <p>10:00am – Video Vamp 11:15am – Taste of Twisted <i>with Panther</i> 12:30pm – Oh Split! <i>with Exotica</i></p> <p>10:00am – Pole Curious 11:15am – Pole Ography <i>with Exotica</i> 12:30pm – Poles 1 <i>with Panther</i></p>
4	5	6	7	8	9	10
	<p>6:00pm – Strip Hop 7:15pm – Twerk Werk <i>with Skittles</i> 8:30pm – Oh Split! <i>with Panther</i></p> <p>6:00pm – Poles 1 <i>with Panther</i> 7:15pm – Poles 2 8:30pm – Spin: Level 2 <i>with Sass</i></p>	<p>Ho-Down/Muscles Please Mashup: 6pm – 7pm – Part 1 7pm – 8pm – Part 2 <i>with Rio & Raven</i></p> <p>6:00pm – Pole Seduction 7:15pm – Pole Twerk <i>with Skittles</i></p>	<p>6:00pm – Sweat Appeal 7:15pm – CoreSet <i>with Raven</i></p> <p>6:00pm – Poles 1 7:15pm – Pole Seduction <i>with Quartz</i> 8:30pm – Begin-2-Spin <i>with Exotica</i></p>	<p>10:00am – Poles 1 11:15am – A Taste of Twisted <i>with Panther</i></p> <p>6:00pm – FloorPlay 7:15pm – Oh Split! <i>with Rio</i></p> <p>6:00pm – Poles 2 7:15pm – Pole Flow <i>with Sass</i></p>	<p>6:00pm – 80s Ladies <i>with Panther</i></p> <p>6:00pm – Poles 1 <i>with Quartz</i></p>	<p>10am – Outside the Box 11:15am – Hard A\$\$ <i>with Slayer</i></p> <p>10:00am – Poles 1 11:15am – Pole Control 12:30pm – Poles 1 <i>with Panther</i></p>
11	12	13	14	15	16	17
	<p>6:00pm – Sittin' Sexy 7:15pm – Hot Seat 8:30pm – Chair Play <i>with Panther</i></p> <p>6:00pm – Poles 1 <i>with Quartz</i> 7:15pm – Inversion 8:30pm – Poles 2 <i>with Exotica</i></p>	<p>6:00pm – Ho-Down 7:15pm – Oh Split! <i>with Rio</i></p> <p>6:00pm – Pole Twerk 7:15pm – Pole Seduction <i>with Skittles</i></p>	<p>10:00am – Poles 1 11:15am – A Taste of Twisted <i>with Panther</i></p> <p>6pm – 7:30pm – Going Rogue <i>with Raven</i></p> <p>6:00pm – Poles 1 7:15pm – Poles 2 <i>with Exotica</i></p>	<p>6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i></p> <p>6:00pm – Hell on Heels <i>with Steele</i> 7:15pm – Pole Ography <i>with Panther</i></p>	<p>6:00pm – 8:00pm ROUTINE OF THE MONTH</p> <p> Santa Baby <i>with Panther</i></p>	<p>10am – 11:30am – SunBurn <i>with Little Miss Sunshine</i></p> <p>10:00am – Poles 1 11:15am – Pole Seduction 12:30pm – Pole Play <i>with Quartz</i></p>
18	19	20	21	22	23	24
	<p>6:00pm – Hot Seat 7:15pm – Sittin' Sexy 8:30pm – Oh Split! <i>with Panther</i></p> <p>6:00pm – Poles 1 7:15pm – Pole Trix 8:30pm – Pole Play <i>with Exotica</i></p>	<p>Ho-Down/Muscles Please Mashup: 6pm – 7pm – Part 1 7pm – 8pm – Part 2 <i>with Rio & Raven</i></p> <p>6:00pm – Pole Seduction 7:15pm – Pole Twerk <i>with Skittles</i></p>	<p>6:00pm – Blue Jeans or Bust 7:15pm – Ring of Fire <i>with Raven</i></p> <p>6:00pm – Poles 1 7:15pm – Pole 2 <i>with Quartz</i></p>	<p>10:00am – Poles 1 11:15am – A Taste of Twisted <i>with Panther</i></p> <p>6:00pm – Video Vamp 7:15pm – Blurred Lines <i>with Panther</i></p> <p>6:00pm – Poles 1 <i>with Exotica</i> 7:15pm – Pole Ography <i>with Peaches</i></p>	<p>6:00pm – Sittin' Sexy <i>with Panther</i></p> <p>6:00pm – Begin-2-Spin <i>with Exotica</i></p>	
25	26	27	28	29	30	31
	<p>6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i></p> <p>6:00pm – Poles 1 7:15pm – Poles 2 <i>with Quartz</i></p>	<p>6:00pm – Ho-Down 7:15pm – Oh Split! <i>with Rio</i></p> <p>6:00pm – Pole Twerk 7:15pm – Pole Seduction <i>with Skittles</i></p>	<p>10:00am – Poles 1 11:15am – A Taste of Twisted <i>with Panther</i></p> <p>6:00pm – Strip Hop 7:15pm – Twerk Werk <i>with Skittles</i></p> <p>6:00pm – Pole Ography <i>with Peaches</i> 7:15pm – Hell on Heels <i>with Steele</i></p>	<p>6:00pm – Outside the Box 7:15pm – Hard A\$\$ <i>with Slayer</i></p> <p>6:00pm – Pole Control 7:15pm – Poles 1 <i>with Panther</i></p>	<p>6:00pm – 8:00pm REINDEER GAMES!</p> <p> <i>With Exotica & Panther</i></p>	

What are ***HAPPY HOURS***? This is Open Studio time when Members (1mo/6mo/1yr) can play in any available room! Non-members (females age 18+) pay \$15 per hour for the Pole Room or Fitness Room. Non-members can rent the Private Pole Room for \$25 per hour. We may have Private Lessons or Parties which take priority in rooms, so please call prior to coming to book a room.

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.
CANCELLATION POLICY: To avoid a cancellation fee, you must cancel via MindBody by 9am Monday thru Friday the day of your Pole or Fitness class, and by 9pm the night before any Morning or Saturday class, whether or not the class is full. We follow CDC guidelines regarding mask-wearing. 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! ♥