





♥ November 2022 ♥

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>What are *HAPPY HOURS?*</b>                      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.</p>	<p>1                      6:00pm - Ho-Down                      7:15pm - Oh Split!  <i>with Rio</i></p> <p>6:00pm - Begin2Spin                      7:15pm - Pole Seduction  <i>with Shelsea</i></p>	<p>2                      10:00am - Poles 1                      11:15am - AbSession &amp; Booty Blast  <i>with Shelsea</i></p> <p>6:00pm - Going Rogue  <i>with Raven</i></p> <p>6:00pm - Poles 1                      7:15pm - Poles 2                      8:30pm - Poles 1  <i>with Quartz</i></p>	<p>3                      10:00am - 11:30am - Morning Mashup  <i>with Panther</i></p> <p>6:00pm - Video Vamp                      7:15pm - Hot Seat  <i>with Panther</i></p> <p>6:00pm - Hell on Heels                      7:15pm - Poles 1  <i>with Shelsea</i></p>	<p>4                      6:00pm - AbSession &amp; Booty Blast  <i>with Shelsea</i></p> <p>7:15pm - Blurred Lines  <i>with Panther</i></p> <p>6pm - PoleOgraphy  <i>with Panther</i></p> <p>7:15pm - Open Poles</p>	<p>5                      10am - Outside the Box                      11:15am - Hard A\$\$  <i>with Slayer</i></p> <p>10:00am - Poles 1  <i>with Quartz</i></p> <p>11:15am - Pole Twerk                      12:30pm - Pole Seduction  <i>with Skittles</i></p>	
<p>6                      10:00am - Poles 1                      11:15am - AbSession &amp; Booty Blast  <i>with Shelsea</i></p> <p>6:00pm - FU                      7:15pm - Oh Split!  <i>with Exotica</i></p> <p>6:00pm - Poles 1                      7:15pm - Pole Play                      8:30pm - Poles 1  <i>with Quartz</i></p>	<p>7                      Ho-Down/Muscles Please Mashup:                      6pm - 7pm - Part 1                      7pm - 8pm - Part 2  <i>with Rio &amp; Raven</i></p> <p>6:00pm - Pole Seduction                      7:15pm - Pole Twerk  <i>with Skittles</i></p>	<p>8                      10:00am - Poles 1                      11:15am - A Taste of Twisted  <i>with Panther</i></p> <p>6:00pm - Blue Jeans or Bust                      7:15pm - Ring of Fire  <i>with Raven</i></p> <p>6:00pm - Pole Control  <i>with Shelsea</i></p> <p>7:15pm - Poles 1                      8:30pm - PoleOgraphy  <i>with Exotica</i></p>	<p>9                      6:00pm - FloorPlay                      7:15pm - Oh Split!  <i>with Rio</i></p> <p>6:00pm - Poles 1  <i>with Panther</i></p> <p>7:15pm - BiPolar  <i>with Exotica &amp; Shelsea</i></p>	<p>10                      6:00pm - 80s Ladies                      7:15pm - Blurred Lines  <i>with Panther</i></p> <p>6:00pm - Inversion                      7:15pm - Poles 1  <i>with Exotica</i></p>	<p>11                      10:00am - SunBurn  <i>with Little Miss Sunshine</i></p> <p>10:00am - Pole Seduction                      11:15am - PoleOgraphy  <i>with Shelsea</i></p> <p>1pm - 4pm - "GOODBYE PARTY" for SHELSEA  </p>	
<p>13                      6:00pm - Sittin' Sexy                      7:15pm - A Taste of Twisted                      8:30pm - Hot Seat  <i>with Panther</i></p> <p>6:00pm - Pole Curious                      7:15pm - Poles 1  <i>with Exotica</i></p> <p>8:30pm - Poles 1  <i>with Shelsea</i></p>	<p>14                      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>15                      6:00pm - Sweat Appeal                      7:15pm - CoreSet  <i>with Raven</i></p> <p>6:00pm - Poles 1                      7:15pm - Poles 2                      8:30pm - Poles 1  <i>with Quartz</i></p>	<p>16                      10:00am - Poles 1                      11:15am - A Taste of Twisted  <i>with Panther</i></p> <p>6:00pm - FU                      7:15pm - Oh Split!  <i>with Exotica</i></p> <p>6:00pm - PoleOgraphy                      7:15pm - Hell on Heels  <i>with Steele</i></p>	<p>17                      Twisted THROWDOWN                      6pm - 7pm - Part 1 (all workout)                      7pm - 8pm - Part 2 (workout + stretch)  <i>with Panther</i></p> <p>6:00pm - Pole Flow  <i>with Sass</i></p> <p>7:15pm - Begin2Spin  <i>with Exotica</i></p>	<p>18                      10am - 80s Ladies                      11:15am - Sittin' Sexy  <i>with Panther</i></p> <p>10:00am - Poles 1  <i>with Quartz</i></p> <p>11:15am - Poles 2                      12:30pm - Pole Trix  <i>with Exotica</i></p>	
<p>20                      6:00pm - Blurred Lines                      7:15pm - Video Vamp                      8:30pm - Oh Split!  <i>with Panther</i></p> <p>6:00pm - Poles 1                      7:15pm - Inversion                      8:30pm - Poles 1  <i>with Exotica</i></p>	<p>21                      Ho-Down/Muscles Please Mashup:                      6pm - 7pm - Part 1                      7pm - 8pm - Part 2  <i>with Rio &amp; Raven</i></p> <p>6:00pm - Pole Seduction                      7:15pm - Pole Twerk  <i>with Skittles</i></p>	<p>22                      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 - PoleOgraphy  <i>with Peaches</i></p> <p>7:15pm - Poles 1                      8:30pm - Pole Play  <i>with Quartz</i></p>	<p>23                      6am - 10am:                      No-Spanx                      Thank-Giving                      Workout                      (Lock-In)  <i>With Raven</i>  </p>	<p>24                      *CLOSED*                        We're                      SO THANKFUL                      for Our                      HOTGIRLS!!!  </p>	<p>25                      10:00am - After Burn  <i>with Raven</i></p> <p>10:00am - Poles 1                      11:15am - Pole Control  <i>with Panther</i></p>	
<p>27                      6:00pm - Hot Seat                      7:15pm - Sittin' Sexy                      8:30pm - Chair Play  <i>with Panther</i></p> <p>6:00pm - Poles 1  <i>with Quartz</i></p> <p>7:15pm - Spin: Level 2                      8:30pm - Pole Flow  <i>with Sass</i></p>	<p>28                      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>29                      10:00am - Poles 1                      11:15am - A Taste of Twisted  <i>with Panther</i></p> <p>6:00pm - Twerk Werk                      7:15pm - Strip Hop  <i>with Skittles</i></p> <p>6:00pm - Poles 1                      7:15pm - Poles 2                      8:30pm - Poles 1  <i>with Quartz</i></p>	<p><b>*Class Legend*</b></p> <ul style="list-style-type: none"> <li>• BLACK = Fitness Classes</li> <li>• BROWN = Pole Classes</li> <li>• GREEN Pole Curious* Classes = for FIRST-TIME Students only, or Members can accompany First-Time Guests ("A Taste of Twisted" comes FREE with "Curious!")</li> <li>• 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.)</li> </ul> <p><b>*ALL reservations for classes are done online via the MindBody App*</b></p>			

**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.