

APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>*Class Legend*</u></p> <ul style="list-style-type: none"> BLACK = Fitness classes In-Studio AND Online via Zoom. <ul style="list-style-type: none"> **PLEASE NOTE**: ALL ZOOM CLASSES END AFTER 4/8. PINK = Pole classes In-Studio only GREEN = NOT on Zoom, In-Studio ONLY BLUE Pole Curious classes = for First-Time Students only, or Members can accompany First-Time Guests. In-Studio only <p>*ALL reservations for classes are done online via the MindBody App*</p>				1	2	3
				6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i> 6:00pm – Inversion 7:15pm – Pole Twerk <i>with Elodie</i> 8:15pm – Poles 1 <i>with Exotica</i>	6:00pm – Sittin' Sexy <i>with Shelsea</i> 6:00pm – Poles 1 <i>with Exotica</i>	10am – ABSession 10:30am – Booty Blast <i>with Shelsea</i> 10am – Pole Curious 11am – Poles 1 12:15pm – Poles 2 <i>with Exotica</i>
	5	6	7	8	9	10
	6:00pm – Hot Seat 7:15pm – A Taste of Twisted <i>with Panther</i> 6:00pm – Pole Curious 7:15pm – Inversion 8:15pm – Poles 1 <i>with Exotica</i>	6pm – 8pm – Ho Down and Muscles Please <i>with Rio & Raven</i> 6:00pm – Poles 1 7:15pm – Hell on Heels <i>with Shelsea</i>	6:00pm – 20/20 7:15pm – Crunch Time **ON ZOOM ONLY** <i>with Raven</i> 6:00pm – Pole Control 7:15pm – Poles 2 <i>with Gypsy</i>	6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i> 6:00pm – Poles 3 <i>with Aurora</i> 7:15pm – Open Poles	6:00pm – 80s Ladies <i>with Panther</i> 6:00pm – Poles 2 7:15pm – Poles 1 <i>with Legs</i>	10am – Invanity 11:15am – Blurred Lines <i>with Aurora</i> 10am – Pole Curious 11am – Poles 1 12:15pm – Inversion <i>with Exotica</i>
	12	13	14	15	16	17
	6:00pm – Hot Seat 7:15pm – A Taste of Twisted <i>with Panther</i> 6:00pm – Pole Curious 7:15pm – Inversion 8:15pm – Poles 1 <i>with Exotica</i>	6:00pm – Ho Down 7:15pm – FloorPlay <i>with Rio</i> 6:00pm – Hell on Heels 7:15pm – Pole Control <i>with Shelsea</i>	6pm – 7:30pm – Going Rogue <i>with Raven</i> 6:00pm – Poleography 7:15pm – Poles 3 <i>with Aurora</i>	6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i> 6:00pm – Poles 2 7:15pm – Pole Twerk <i>with Elodie</i> 8:15pm – Poles 1 <i>with Exotica</i>	6:00pm – 80s Ladies <i>with Panther</i> 6:00pm – Polerina <i>with Legs</i>	10am – Invanity 11:15am – Blurred Lines <i>with Aurora</i> 10am – Poles 1 11:15am – Poles 2 12:15pm – Poles 1 <i>with Shelsea</i>
	19	20	21	22	23	24
	6pm – Sittin' Sexy 7:15pm – ABSession 7:45pm – Booty Blast <i>with Shelsea</i> 6:00pm – Poles 2 7:15pm – Inversion 8:15pm – Poles 1 <i>with Exotica</i>	6pm – 8pm – Ho Down and Muscles Please <i>with Rio & Raven</i> 6:00pm – Poles 1 7:15pm – Hell on Heels <i>with Shelsea</i>	6:00pm – Bikini or Bust 7:15pm – CoreSet <i>with Raven</i> 6:00pm – Poles 3 <i>with Aurora</i> 7:15pm – Open Poles	6:00pm – 80s Ladies 7:15pm – Video Vamp <i>with Panther</i> 6:00pm – Pole Flow 7:15pm – Poles 4 <i>with Elodie</i>	6pm – 7:30pm OR 7:30pm – 9pm Routine of the Month ♥DARLING NIKKI♥ Taught by Rio! 6mo & 1yr members are FREE and \$45 for all others. RSVP required! IN-STUDIO ONLY	10am – FU 11:15am – Oh Split! <i>with Exotica</i> 10am – Pole Curious 11:15am – Poles 1 12:15pm – Pole Control <i>with Aurora</i> 1:30pm – All-Inclusive Poles <i>with Exotica</i>
	26	27	28	29	30	
	6:00pm – Invanity 7:15pm – Blurred Lines <i>with Aurora</i> 6:00pm – Poles 1 7:15pm – Poles 3 8:15pm – Poles 2 <i>with Exotica</i>	6:00pm – Ho Down 7:15pm – FloorPlay <i>with Rio</i> 6:00pm – Hell on Heels 7:15pm – Poles 2 <i>with Shelsea</i>	6pm – 7:30pm – Going Rogue <i>with Raven</i> 6:00pm – Poleography 7:15pm – Pole Control <i>with Aurora</i>	6:00pm – FU 7:15pm – Oh Split! <i>with Exotica</i> 6:00pm – Inversion 7:15pm – Pole Twerk <i>with Elodie</i> 8:15pm – Poles 1 <i>with Exotica</i>	6:00pm – ABSession 6:30pm – Booty Blast <i>with Shelsea</i> 6:00pm – Poles 1 <i>with Legs</i>	

Calendar as of 4/8/21 – v7

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 and ZOOM LINKS will be in the Comments section. Please review our COVID-19 Policy on our website – MASKS are REQUIRED to enter the building. ♥Thank You♥
www.TwistedFitnessStudios.com