

November 2020

Monday – Thursday: 5pm - 8:30pm
 Friday: 5pm – 8pm
 Saturday: 10am – 1:30pm
 Sunday: Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6pm - FU 7:15pm - Oh Split with Exotica 6pm - Pole Fusion with Gypsy 7:15pm - Inversion Slow Version with Elodie	3 6pm - 8pm - Ho Down and Muscles Please with Rio and Raven 6pm - Poles 1 7:15pm - Pole Twerk with Cream	4 6pm Sweat Appeal 7:15pm - Fast-N-Furious with Raven 6pm - Pole Control with Gypsy 7:15pm - Open Poles	5 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Poles 1 7:15pm - Poles 3 with Exotica	6 6pm - 80's Ladies with Panther 6pm - Poles 2 with Cream	7 10am - Take it to the Rear 11:15am - Hard Core with Slayer 11am - Poles 1 12:15pm - Hell on Heels with Cream
8	9 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Pole Ography 7:15pm - Poles 3 with Exotica	10 6pm - Ho Down 7:15pm - Oh Split with Rio 6pm - Poles 1 7:15pm - Poles 2 with Cream	11 6pm - 8pm - Stripper Boot Camp with Rio and Raven 6pm - Inversion Slow Version with Elodie 7:15pm - Open Poles	12 6pm - FU 7:15pm - Oh Split with Exotica 6pm - Poles 1 7:15pm - Hell On Heels with Cream	13 6pm - 80's Ladies with Panther 6pm - Polerina with Legs	14 10am - Outside the Box 11:15am - Hard A\$\$ with Slayer 11am - Poles 1 12:15pm - Pole Twerk with Cream
15	16 6pm - FU 7:15pm - Oh Split with Exotica 6pm - Pole Fusion with Gypsy 7:15pm - Inversion Slow Version with Elodie	17 6pm - 8pm - Ho Down and Muscles Please with Rio and Raven 6pm - Poles 1 7:15pm - Hell on Heels with Cream	18 6pm Sweat Appeal 7:15pm - Fast-N-Furious with Raven 6pm - Pole Ography 7:15pm - Poles 3 with Exotica	19 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Pole Control with Gypsy 7:15pm - Open Poles	20 6pm - 80's Ladies with Panther 6pm - Pole Twerk with Cream	21 10am - Take it to the Rear 11:15am - Hard Core with Slayer 11am - Poles 1 12:15pm - Poles 2 with Cream
22	23 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Pole Ography 7:15pm - Poles 3 with Elodie	24 6pm - Ho Down 7:15pm - Oh Split with Rio 6pm - Poles 1 7:15pm - Pole Twerk with Cream	25 6pm - 80's Ladies with Panther 6pm - Pole Control with Gypsy 7:15pm - Open Poles	26 Happy Turkey Day!! 8am - 10am Gobble Gobble Workout with Raven Lock-In Must stay full 2 hrs.	27 6pm - 80's Ladies with Panther 6pm - Polerina with Legs	28 10am - Outside the Box 11:15am - Hard A\$\$ with Slayer 11am - Poles 1 12:15pm - Hell on Heels with Cream
29	30 6pm - FU 7:15pm - Oh Split with Exotica 6pm - Pole Fusion with Gypsy 7:15pm - Inversion Slow Version with Elodie	<p>*Class Legend* RED = Pole classes (In-Studio) BROWN = In-Studio Fitness classes BLUE = Zoom Online Fitness classes</p>		<p>*Reminders* ~Masks are required to enter the building & in all common areas. ~Bring your own mats, spray bottles & rags. ~If you're not feeling well, please cancel class.</p>		<p>~Zoom links can be found on our daily FB posts in the comments section. ~Make sure to follow us on FB and keep yourself updated on what's going on.</p>