

✨ COME FLY, FLEX, AND FLOW WITH US! ✨

 MONDAY

- 🕒 4:30PM – AERIAL KIDS (ALL LEVELS)
- 🕒 5:30PM – AERIAL FABRICS (ALL LEVELS)
- 🕒 6:30PM – POLE CONDITIONING (BI-WEEKLY)
- 🕒 6:30PM – HOOP ALL LEVELS (BI-WEEKLY)
- 🕒 7:30PM – POLE BEGINNERS & UPPERS
- 🕒 8:30PM – POLE INTERMEDIATE

 TUESDAY

- 🕒 10:30AM – POLE DAYTIME (ALL LEVELS)
- 🕒 5:30PM – POLE TEENS (ALL LEVELS)
- 🕒 6:30PM – POLE BEGINNERS (NEW-2-POLE)
- 🕒 7:30PM – POLE INTERMEDIATE & ADVANCED
- 🕒 8:30PM – POLE NEW2HEELS (CHOREO)
- 🕒 8:30PM – STRETCH (ALL LEVELS)

 WEDNESDAY

- 🕒 6:15PM – POLE BEGINNERS & UPPERS
- 🕒 7:30PM – HOOP BEGINNERS
- 🕒 7:30PM – POLE CHOREO (NEW-2-FLOW)
- 🕒 8:30PM – HOOP INTERMEDIATE+
- 🕒 8:30PM – POLE ADVANCED & ELITE
- 🕒 8:30PM – POLE BENDY SPECIAL (MONTHLY)

 THURSDAY

- 🕒 6:15PM – POLE SPINNY (ALL LEVELS)
- 🕒 7:15PM – POLE UPPERS & INTERMEDIATES
- 🕒 8:30PM – HOOP BEGINNERS (NEW-2-HOOP)

 FRIDAY

- 🕒 10:30AM – POLE DAYTIME (ALL LEVELS)
- 🕒 6:30PM – SLINKY FRIDAYS (POLE CHOREO)

 SATURDAY

- 🕒 10:15AM – POLE SPINNY (NEW-2-SPIN)
- 🕒 11:15AM – POLE UPPERS & INTERMEDIATES

 SUNDAY

- 🕒 9:00AM – AERIAL YOGA (ALL LEVELS)
- 🕒 10:30AM – AERIAL HOOP (ALL LEVELS)
- 🕒 11:40AM – POLE UPPERS & INTERMEDIATES

*class schedule*

