



FALL 2024 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM	Seksé Core™ w/ Carrie P.	Bliss Dance w/ Bee	Seksé Flexibility™ w/ Bee	Seksé Sculpt™ w/ Bee	Bliss Dance w/ Carrie P.
8:30 AM					Seksé Booty™ w/ Roach
9:15 AM	Open Pole	Intro to Tricks & Spins w/ Andrew K.	Seksé Sculpt™ - Pole w/ Bee	Seksé Pole Flow™ - All Levels w/ Dusty R.	Pole Climbs & Invert Prep w/ Rosalee O.
9:30 AM	Bliss Dance w/ Julie C. & Jeralyn C.	Seksé Sculpt™ w/ Liv M.		Seksé Core™ w/ Roach	Bliss Dance w/ Janna E.
10:30 AM		Intro to Flow w/ Andrew K.	Open Pole	Open Pole	Seksé Flexibility™ w/ Rosalee O.
10:45 AM			Hot Seat (Chair Cardio) w/ Janna		
12:00 PM					Intro to Tricks & Spins w/ Bee
12:15 PM			Bliss Dance w/ Laura C.	Seksé HIIT™ w/ Ashley C.	
4:30 PM		Beyond Intro Pole w/ Ashley F. or Bee	Seksé Booty™ w/ Carrie P.	Pole Climbs & Conditioning w/ Felix C.	
4:45 PM	Pole-ates w/ Angelinna M.		Pole Conditioning w/ Carina G. or Barb C.		
5:30 PM	BliXX w/ Sarah K. & Missy N.	Bliss Hip Hop w/ Julie C. & Justine B.	Xplicit Dance™ w/ Inky	Bliss Hip Hop w/ Sarah K. & Jeralyn C.	Seksé Sweat™ w/ Hillary G.
5:45 PM	Tricks & Flow w/ Kendall G.	Tricks & Combos - Intermediate + w/ Rosalee O.	Pole Tricks - Advanced w/ Emma L.	Seksé Pole Flow™ - All Levels w/ Liv M. or Amanda S.	
6:45 PM	Seksé Dance™ w/ Roach	Heels w/ Instructor Rotation	Seksé HIIT™ w/ Ashley C.	Seksé Floorplay™ w/ Rosalee O.	
7:00 PM	Pole Tricks - Beg/Int w/ Holly M.	Seksé Pole Flow™ - Intermediate + w/ Rosalee O.	Tricks & Flow w/ Emma L.	Pole Teaser (Intro to Pole) w/ Angelinna M. or Jamie S.	
8:15 PM		Pole Teaser (Intro to Pole) w/ Barb C. or Lainey B.			

SATURDAY

9:30 AM	Bliss Dance w/ Instructor Rotation
9:45 AM	Pole Teaser w/ Instructor Rotation
10:45 AM	Chair Teaser w/ Janna E.
11:00 AM	Beyond Intro Pole w/ Amanda S. or Taylor S.
12:15 PM	Seksé Pole Flow™ - All Levels w/ Instructor Rotation
1:30 PM	Never Too Old to Pole w/ Barb C.

SUNDAY

9:30 AM	Bliss Dance w/ Instructor Rotation
3:45 PM	Pole Tricks - Beg/Int w/ Ida P.
4:00 PM	Seksé Floorplay™ w/ Barb C.
5:00 PM	Seksé Pole Flow™ - All Levels w/ Ida P.
5:15 PM	Seksé Dance™ w/ Steph M.

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NOTE: Classes may have changes or cancellations. Please refer to our online schedule for the most up-to-date information.