



Spring 2024 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	Seksé Core™ w/ Carrie P.	Bliss Dance w/ Bee & Pole Conditioning w/ Paige	Seksé Flexibility™ w/ Bee	Seksé Sculpt™ w/ Bee	Bliss Dance w/ Carrie P.	8:30 AM Open Dance
8:30 AM					Seksé Booty™ w/ Roach	8:30 AM Open Pole
9:15 AM	Open Pole	Intro to Tricks & Spins w/ Andrew K.	Seksé Sculpt™ - Pole w/ Bee	Seksé Pole Flow™ - All Levels w/ Dustin R.	Pole Climbs & Invert Prep w/ Rosalee O.	9:30 AM Bliss Dance w/ Instructor Rotation
9:30 AM	Bliss Dance w/ Julie C.	Seksé Sculpt™ w/ Liv M.		Seksé Core™ w/ Roach	Bliss Dance w/ Janna E.	9:45 AM Seksé Sculpt™ - Pole w/ Jo C.
10:15 AM			Hot Seat (Chair Cardio) w/ Janna E.			10:45 AM TWERKography w/ Shelby W.
10:30 AM		Intro to Flow w/ Andrew K.	Open Pole	Open Pole	Seksé Flexibility™ w/ Rosalee O.	11:00 AM Pole Teaser w/ Rotation or Beyond Intro w/ Amanda S.
12:00 PM					Intro to Tricks & Spins w/ Bee	12:15 PM Seksé Pole Flow™ - All Levels w/ Instructor Rotation
12:15 PM			Bliss Dance w/ Laura C.	FLZ Dance Fit w/ Ashley C.		
4:30 PM		Beyond Intro Pole w/ Taylor S.	Seksé Booty™ w/ Carrie P.		Seksé Sculpt™ w/ Dani D.	
4:45 PM	Seksé Sculpt™ - Pole w/ Angelinna M.		Pole Conditioning w/ Ashley F.			
5:30 PM	BliXX w/ Sarah K. & Missy N.	Bliss Hip Hop w/ Julie C. & Justine B.	X-plicit Dance™ w/ Steph M. or Inky	Bliss Hip Hop w/ Sarah K.	Seksé Sweat™ w/ Hillary	11:00 AM Chair Teaser w/ Janna E.
5:45 PM	Tricks & Flow - All Levels w/ Kendall G.	Tricks & Combos - Intermediate + w/ Rosalee O.	Pole Twerk w/ Emma L.	Seksé Pole Flow™ - All Levels w/ Liv M. or Amanda S.		4:00 PM Seksé Floorplay™ w/ Stacia G.
6:45 PM	Seksé Dance™ w/ Roach	Heels w/ Sarah W.	Chair w/ Instructor Rotation	Seksé Floorplay™ w/ Rosalee O.		5:00 PM Seksé Pole Flow™ - Intermediate + w/ Felix
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 Lainey B.		5:15 PM X-plicit Sweat™ w/ Steph M.
8:15 PM		Pole Teaser (Intro to Pole) w/ Lainey B.				6:15 PM Deep Flexibility w/ Felix

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