



## Fall 2023 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM	Pole Conditioning w/ Holly M. or Dustin R.	Bliss Dance w/ Bee	Seksé Flexibility™ w/ Bee	Seksé Sculpt™ w/ Bee	Seksé Booty™ w/ Roach
9:15 AM	Open Pole	Seksé Pole Flow™ - All Levels w/ Dustin R.	Seksé Sculpt™ - Pole w/ Bee		Pole Climbs & Invert Prep w/ Rosalee O.
9:30 AM	Bliss Dance w/ Julie C.			Seksé Core™ w/ Roach	Bliss Dance w/ Janna E.
10:00 AM			Hot Seat (Chair Cardio) w/ Janna E.		
10:30 AM	Seksé Sculpt™ - Pole w/ Lainey B.		Open Pole	Intro to Flow w/ Andrew K.	Seksé Flexibility™ w/ Rosalee O.
12:00 PM					Intro to Tricks & Spins w/ Bee
12:15 PM				FLZ w/ Ashley C.	
4:30 PM		Beyond Intro Pole w/ Taylor S. *begins 12/5	Seksé Booty™ w/ Carrie P.		
4:45 PM	Seksé Sculpt™ - Pole w/ Angelinna M. *begins 11/6		Pole Conditioning w/ Ashley F.		
5:30 PM	BliXX w/ Sarah K. & Missy N.	Bliss Hip Hop w/ Julie C. & Justine B.	Chair w/ Instructor Rotation	Bliss Hip Hop w/ Sarah K.	Seksé Slow Jams w/ Ashley F. *begins 1/5
5:45 PM	Tricks & Flow - All Levels w/ Kendall G. or Ashley F.	Tricks & Transitions w/ Rosalee O.	Pole Twerk w/ Emma L.	Seksé Pole Flow™ - All Levels w/ Liv M. or Amanda S.	Seksé Sweat™ w/ Hillary
6:45 PM	Seksé Choreo-Cardio™ w/ Roach	Heels w/ Sarah W.	X-plicit Choreo-Cardio™ w/ Inky	Seksé Floorplay™ w/ Rosalee	Club Style w/ Lilith
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 Taylor S.	
8:15 PM		Pole Teaser (Intro to Pole) w/ Dustin R. or Lainey B.			

SATURDAY	
8:30 AM	Open Dance
8:30 AM	Open Pole
9:30 AM	Bliss Dance or Seksé Sweat™ w/ Instructor Rotation
9:45 AM	Pole Teaser (Intro to Pole) w/ Instructor Rotation
10:45 AM	TWERKography w/ Shelby W.
11:00 AM	Seksé Pole Flow™ - All Levels w/ Instructor Rotation

SUNDAY	
9:30 AM	Bliss Dance w/ Instructor Rotation
11:00 AM	Chair Teaser w/ Janna E.
4:00 PM	Seksé Floorplay™ w/ Stacia G.
5:00 PM	Seksé Pole Flow™ - Intermediate + w/ Felix
5:15 PM	X-plicit Sweat™ w/ Stephanie
6:15 PM	Deep Flexibility w/ Felix

sekse.fit @seksefit (541) 550-7273

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