



WINTER 2025 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 Sculpt™ w/ Liv M.				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/ Barb C.	Pole Climbs & Invert Prep w/ Rosalee O.
9:30 AM	Bliss Dance w/ Julie C. & Jeralyn C.	Seksé Dance Teaser™ (Intro to Dance) w/ Steph M.		FLZ Dance Fit w/ Ashley C.	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.		
4:30 PM		Beyond Intro Pole w/ Ashley F.	Seksé Booty™ w/ Carrie P. & Pole Tricks - Beg/Int w/ Felix C.		
4:45 PM				Pole Conditioning w/ Paige E. or Barb C.	
5:30 PM	BliXX w/ Sarah K. & Missy N.	Seksé Floorplay™ w/ Inky or Carina G.	Bliss AMPED w/ Julie C. & Jeralyn C.	Bliss Hip Hop w/ Sarah K. & Jeralyn C.	TWERKography w/ Shelby W.
5:45 PM	Tricks & Flow w/ Kendall G.	Tricks & Combos - Intermediate + w/ Rosalee O.	Low Flow - All Levels w/ Felix C.	Seksé Pole Flow™ - All Levels w/ Liv M. or Amanda S.	
6:45 PM	Seksé Dance Teaser™ (Intro to Dance) w/ Hillary G.	Heels w/ Sarah W. or Janna E.	Xplicit Dance™ (Hip Hop) w/ Inky	Seksé Floorplay™ w/ Rosalee O.	
7:00 PM	Pole Tricks - Beg/Int w/ Holly M.	Seksé Pole Flow™ - Intermediate + w/ Rosalee O.	Spin Flow w/ Felix C.	Pole Teaser (Intro to Pole) or Beyond Intro Pole w/ Jamie S.	
8:15 PM		Pole Teaser (Intro to Pole) w/ Barb C.			

	SATURDAY
9:30 AM	Bliss Dance w/ Instructor Rotation
9:45 AM	Pole Teaser (Intro to Pole) 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

	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/ Felix C. or Amanda S.
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.