



## 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.		Hot Seat (Chair Cardio) w/ Janna E.	Seksé Core™ w/ Roach	Bliss Dance w/ Janna E.
10:30 AM	Seksé Sculpt™ - Pole w/ Lainey B.		Open Pole	Intro to Go-Go (6 Week Series) w/ Andrew K.	Deep Flexibility w/ Rosalee O.
12:00 PM					Intro to Tricks & Spins w/ Bee
4:30 PM			Seksé Booty™ w/ Carrie P.		
4:45 PM			Pole Conditioning w/ Paige E.		
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.	
5:45 PM	Pole Tricks & Flow 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	
7:00 PM	Pole Tricks - Beg/Int w/ Holly M.	Seksé Pole Flow™ - Intermediate + w/ Rosalee O.	Low Flow w/ Emma L.	Pole Teaser (Intro to Pole) w/ Taylor S. or Ashley F.	
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	Dance Series Rotation w/ Instructor Rotation
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.

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