



Winter 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	Pole Climbs & Invert Prep w/ Jennifer L.	Seksé Pole Flow™ - All Levels w/ Dustin R.	Seksé Sculpt™ - Pole w/ Bee	Pole Tricks - Intermediate w/ Laken B.	Pole Climbs & Invert Prep w/ Rosalee O.
9:30 AM	Bliss Dance w/ Jeralyn C. & Julie C.	Seksé Sweat™ w/ Liv M.	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		Seksé Flexibility™ w/ Rosalee O.
10:45 AM	Seksé Flexibility™ w/ Jennifer L.				
12:00 PM					Intro to Tricks & Spins w/ Bee
4:30 PM	Seksé Sculpt™ - Pole w/ Roach	Open Pole	Twerkout™ w/ Shelby W.		
4:45 PM			Pole Conditioning w/ Paige E.		
5:30 PM	BliXX w/ Sarah K. & Missy N.	Bliss Dance w/ Julie C. & Justine B.	Chair w/ Liv M. or Roach	Bliss Hip Hop w/ Sarah K. & Jeralyn C.	
5:45 PM	Pole Tricks - Beg/Int w/ Jennifer L.	Tricks & Transitions w/ Rosalee O.	Pole Twerk w/ Emma L.	Seksé Pole Flow™ - All Levels w/ Liv M.	Seksé Sweat™ w/ Hillary
6:45 PM	Hip Hop w/ Sarah W. or Bri C.	Heels w/ Sarah W.	X-plicit Choreo-Cardio™ w/ Inky or Jess C.	Seksé Floorplay™ w/ Rosalee O.	Dark Flow w/ Lilith
7:00 PM	Deep Flexibility w/ Andrew K.	Seksé Pole Flow™ - Intermediate + w/ Rosalee O.	Low Flow - All Levels w/ Emma L.	Pole Teaser (Intro to Pole) w/ Holly M. or Angelinna	
8:15 PM	Drip & Tease w/ Andrew K.	Pole Teaser (Intro to Pole) w/ Dustin R. or Lainey B.			

SATURDAY	
8:30 AM	Seksé Sculpt™ w/ Dani S.
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
12:15 PM	Guided Open Pole w/ Lilith
SUNDAY	
11:30 AM	Chair Teaser w/ Janna E.
3:45 PM	Tricks & Transitions w/ Felix
4:00 PM	Seksé Floorplay™ w/ Stacia G.
5:00 PM	Seksé Slow Flow™ w/ Felix

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NOTE: Classes may have last minute changes or cancellations. Please refer to our online schedule for any changes.