



SUMMER 2025 SCHEDULE

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM		Seksé Sculpt™ w/ Bee	Seksé Flexibility™ w/ Bee	Intro to Tricks & Spins w/ Bee	Bliss Dance w/ Carrie P.
9:15 AM	Open Pole	Intro to Tricks & Spins w/ Andrew K.	Beyond Intro Pole w/ Andrew K.	Open Pole	Pole Climbs & Invert Prep w/ Rosalee O.
9:30 AM	Bliss Dance w/ Julie C.				Bliss Dance w/ Janna E.
10:00 AM				F33LS Dance Fit w/ Ashley C.	
10:30 AM		Intro to Flow w/ Andrew K.	Seksé Pole Flow™ - All Levels w/ Andrew K.		Seksé Flexibility™ w/ Rosalee O.
12:15 PM			Bliss Dance w/ Laura C.		
4:30 PM			Pole Tricks - Beg/Int w/ Emma L.		
4:45 PM					
5:30 PM	BliXX w/ Sarah K. & Missy N.	Seksé Dance Teaser™ (Intro to Dance) w/ Hillary G.	Bliss Dance w/ Justine B. & Julie C.	Bliss Hip Hop w/ Sarah K.	
5:45 PM	Pole Tricks - Beg/Int w/ Kelly H	Tricks & Combos - Intermediate + w/ Rosalee O.	Low Flow - All Levels w/ Emma L.	Seksé Pole Flow™ - All Levels w/ Liv M. or Sherlyn S.	
6:45 PM	Seksé Chair Teaser™ w/ Claire B.	Heels w/ Janna E.	Seksé Dance™ w/ Steph M.	Seksé Floorplay™ w/ Rosalee O.	
7:00 PM	Pole Flow Elements w/ Kelly H	Seksé Pole Flow™ - Intermediate + w/ Rosalee O.	Seksé Pole Teaser (Intro to Pole) w/ Kelly H	Open Pole	

SATURDAY	
9:30 AM	Bliss Dance w/ Instructor Rotation
9:45 AM	Open Pole
10:45 AM	Chair w/ Janna E.
11:00 AM	Seksé Pole Teaser w/ Instructor Rotation
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/ Jamie S.
4:00 PM	Seksé Floorplay™ w/ Stacia G.
5:00 PM	Seksé Pole Flow™ - All Levels w/ Kelly H

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