

Class Order & Level Guide

Add other classes such as heels, workshops, & soul circles as desired!

Starter Staples

		Level:	It is helpful to have completed:	It is helpful to feel solid in:
Starter Staples: Posture & Swing Motion		Level: Beg	- Great starting point	- Great starting point

“FLIE” Classes

		Level:	It is helpful to have completed:	It is helpful to feel solid in:
A.0 Floorwork	Floorwork Level: Beg	Level: Beg	- Great starting point	- Great starting point
A.5 Elevations Elevated from A.0		Level: Int/ Adv	- A.0 Floorwork	- Windows & Threading - Crawls - Side Crunch to Cobras - Plows/Rollovers - Rollovers: Forwards & Backwards
1.0 Foundations	Foundations Level: Beg	Level: Beg	- Starter Staples - A.0 Floorwork	- Also great starting point - Floorwork from A.0
2.0 Foundations		Level: Beg	- Starter Staples - A.0 Floorwork - Foundations 1.0	- Pole Posture - Manipulating connection points & space
2.5 Elevations Elevated from A.0 - 2.0		Level: Beg	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0	- Pole Posture - Manipulating connection points & space
3.0 Levitations	Levitations Level: Beg to Int	Level: Beg	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0	- Pole Posture - Lifting your body weight
4.0 Levitations		Level: Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations	- Climbs - Pole Sits
4.5 Elevations Elevated from A.0 - 4.0		Level: Beg/ Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0	- Climbs - Pole Sits
5.0 Inversions	Inversions Level: Int	Level: Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Pole Crunches/Chopper
6.0 Inversions		Level: Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0 - Inversions 5.0	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Basic Invert & Bat - Inside & Outside Leg Hang - Exits & Entries of Inverts
6.5 Elevations Elevated from A.0 - 6.0		Level: Adv 6+	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0 - Inversions 5.0 & 6.0	- Apprentice - Pole Sit to Apprentice - Basic Invert & Bat - Inside & Outside Leg Hang - One Legged Dive - Thigh Holds - Exits & Entries to Inverts
Master Elevations Elevated from A.0 - 6.5	Elevations Level: Adv	Level: Adv 7+	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0 - Inversions 5.0 & 6.0 - Elevations 6.5	- All basic variations to basic inverts - Going Upside Down - Safety & Exit Strategies

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A.5 Elevations Elevated from A.0		Level: Int/ Adv	- A.0 Floorwork	- Windows & Threading - Crawls - Side Crunch to Cobras - Plows/Rollovers - Rollovers: Forwards & Backwards
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2.0 Foundations		Level: Beg	- Starter Staples - A.0 Floorwork - Foundations 1.0	- Pole Posture - Manipulating connection points & space
2.5 Elevations Elevated from A.0 - 2.0		Level: Beg	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0	- Pole Posture - Manipulating connection points & space
3.0 Levitations	Levitations Level: Beg to Int	Level: Beg	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0	- Pole Posture - Lifting your body weight
4.0 Levitations		Level: Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations	- Climbs - Pole Sits
4.5 Elevations Elevated from A.0 - 4.0		Level: Beg/ Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0	- Climbs - Pole Sits
5.0 Inversions	Inversions Level: Int	Level: Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Pole Crunches/Chopper
6.0 Inversions		Level: Int	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0 - Inversions 5.0	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Basic Invert & Bat - Inside & Outside Leg Hang - Exits & Entries of Inverts
6.5 Elevations Elevated from A.0 - 6.0		Level: Adv 6+	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0 - Inversions 5.0 & 6.0	- Apprentice - Pole Sit to Apprentice - Basic Invert & Bat - Inside & Outside Leg Hang - One Legged Dive - Thigh Holds - Exits & Entries to Inverts
Master Elevations Elevated from A.0 - 6.5	Elevations Level: Adv	Level: Adv 7+	- Starter Staples - A.0 Floorwork - Foundations 1.0 & 2.0 - 3.0 Levitations & 4.0 - Inversions 5.0 & 6.0 - Elevations 6.5	- All basic variations to basic inverts - Going Upside Down - Safety & Exit Strategies