

October

2026

SUNDAY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY
27	28			29			30			1			2			3
Closed Bi-Weekly Themes 1-15: Dark vs Light 16-31 Glow & Grim																Closed
4	5			6			7			8			9			10
Closed	6pm	Foundations Elevations	OP	6pm	Inversions + Elevations Thigh Grips & Descents	OP	6pm	Levitations + Elevations Thigh & Knee Holds & Basic Climb	OP	Closed			6pm	Starter Staples	OP	Closed
	7:15pm	Foundations Floor Focus: Seamless Circles	OP										7:15pm	Levitations + Elevations Thigh & Knee Holds &	OP	
	8:15pm	OP: After Hours		7:15pm	Levitations + Elevations Thigh Holds & Basic Climb	OP	7:15pm	Inversions + Elevations Leg Hook Inverts & Holds	OP				8:15pm	OP: After Hours		
	9:15pm	OP: After Hours		8:15pm	OP: After Hours		8:15pm	OP: After Hours					9:15pm	OP: After Hours		
				9:15pm	OP: After Hours		9:15pm	OP: After Hours								
11	12			13			14			15			16			17
Closed	6pm	Foundations Elevations	OP	6pm	Inversions + Elevations Knee Pit Inverts	OP	6pm	Expressions	OP	6pm	Heel 101	OP	Closed			Closed
	7:15pm	Foundations Floor Focus: Base Balance	OP				7:15pm	Inversions + Elevations Climb Pocket Inverts	OP	7:15pm	Inversions + Elevations Thigh Grips & Descents	OP				
	8:15pm	OP: After Hours		7:15pm	Levitations + Elevations Thigh & Knee Holds & Basic Climb	OP	8:15pm	OP: After Hours		8:15pm	OP: After Hours					
	9:15pm	OP: After Hours		8:15pm	OP: After Hours		9:15pm	OP: After Hours		9:15pm	OP: After Hours					
				9:15pm	OP: After Hours											
18	19			20			21			22			23			24
Closed	6pm	Starter Staples	OP	6pm	Inversions + Elevations Forearms & Inner Thigh Inverts	OP	6pm	Levitations + Elevations Knee, Thighs & Elbow Holds & Spin Speed	OP	6pm	Heel Appeal	OP	6-8pm	Workshop Circus City	OP	Closed
Slay to Spin Spirit Week	7:15pm	Foundations Floor Focus: Seamless Travel	OP							7:15pm	Inversions + Elevations Knee Pit Inverts	OP				
	8:15pm	OP: After Hours		7:15pm	Levitations + Elevations Thigh Holds & Forearm Climb	OP	7:15pm	Inversions + Elevations Thigh Grips & Descents	OP	8:15pm	OP: After Hours		8pm	OP: After Hours		
	9:15pm	OP: After Hours		8:15pm	OP: After Hours		8:15pm	OP: After Hours		9:15pm	OP: After Hours		9pm	OP: After Hours		
				9:15pm	OP: After Hours		9:15pm	OP: After Hours								
	Spirit Week			Spirit Week			Spirit Week			Spirit Week			Spirit Week			
25	26			27			28			29			30			31
Closed	6pm	Foundations Elevations	OP	6pm	Workshop Twerk Lab: Basics & Formations	OP	6-9pm	Workshop Paint a Pumpkin	OP	6pm	Heel Appeal	OP	6pm	Foundations Floor Focus: Base Balance	OP	Closed
	7:15pm	Foundations Floor Focus: Shifts & Extensions	OP	7:45pm	Levitations + Elevations Knee, Thighs & Elbow Holds & Spin Speed	OP				7:15pm	Inversions + Elevations Forearms & Inner Thigh Inverts	OP	7:15pm	Levitations + Elevations Thigh & Knee Holds & Basic Climb	OP	
	8:15pm	OP: After Hours		9pm	OP: After Hours		9pm	OP: After Hours		8:15pm	OP: After Hours		8:15pm	OP: After Hours		
	9:15pm	OP: After Hours								9:15pm	OP: After Hours		9:15pm	OP: After Hours		

November

2026

SUNDAY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY
1	2			3			4			5			6			7
Closed Bi-Weekly Themes 1-15: Earth & Sky 16-31 Flannel & Nets	6pm	Foundations Elevations	OP	6pm	Inversions + Elevations Leg Hook Inverts & Holds	OP	6pm	Starter Staples	OP	Closed			Closed			Closed
	7:15pm	Foundations Base Balance Stands & Anchors	OP				7:15pm	Inversions + Elevations Knee Pit Inverts	OP							
	8:15pm	OP: After Hours		7:15pm	Levitations + Elevations Thigh Holds & Basic Climb	OP	8:15pm	OP: After Hours								
	9:15pm	OP: After Hours					9:15pm	OP: After Hours								
				8:15pm	OP: After Hours											
			9:15pm	OP: After Hours												
8	9			10			11			12			13			14
Closed	6pm	Starter Staples	OP	7:45pm	Inversions + Elevations Climb Pocket Inverts	OP	6pm	Levitations + Elevations Thigh & Knee Holds & Basic Climb	OP	6pm	Heel Appeal	OP	6pm	Foundations Floor Focus: Seamless Travel	OP	Closed
	7:15pm	Foundations Activation & Anchors	OP				7:15pm	Inversions + Elevations Forearms & Inner Thigh Inverts	OP	7:15pm	Inversions + Elevations Leg Hook Inverts & Holds	OP	7:15pm	Levitations + Elevations Thigh & Knee Holds & Forearm Climb	OP	
	8:15pm	OP: After Hours		9pm	OP: After Hours		7:15pm	OP: After Hours		8:15pm	OP: After Hours		8:15pm	OP: After Hours		
	9:15pm	OP: After Hours					8:15pm	OP: After Hours		9:15pm	OP: After Hours		9:15pm	OP: After Hours		
							9:15pm	OP: After Hours								
15	16			17			18			19			20			21
Closed	6pm	Foundations Elevations	OP	7:45pm	Inversions + Elevations Thigh Grips & Descents	OP	6pm	Heel Appeal	OP	Closed			6pm	Foundations Floor Focus: Seamless Travel	OP	Closed
	7:15pm	Foundations Pelvis & Spine Articulation	OP				7:15pm	Inversions + Elevations Leg Hook Inverts & Holds	OP				7:15pm	Levitations + Elevations Thigh & Knee Holds & Spin Speed	OP	
	8:15pm	OP: After Hours		9pm	OP: After Hours	OP	8:15pm	OP: After Hours					8:15pm	OP: After Hours		
	9:15pm	OP: After Hours					9:15pm	OP: After Hours					9:15pm	OP: After Hours		
22	23			24			25			26			27			28
Closed Slay to Spin Spirit Week	6pm	Expressions	OP	6-7:30pm	Workshop Twerk Lab: Basics & Formations	OP	6pm	Heel Appeal	OP	Closed			4pm	Starter Staples Bring a Friend Black Friday Special		Closed
	7:15pm	Foundations FloorF: Shoulder & Support & Activation	OP	7:45pm	Inversions + Elevations Knee Pit Inverts	OP	7:15pm	Inversions + Elevations Climb Pocket Inverts	OP	Thanksgiving						
	8:15pm	OP: After Hours		9pm	OP: After Hours		8:15pm	OP: After Hours					6-9pm	Black Friday Bingo & Key Ceremony		
	9:15pm	OP: After Hours					9:15pm	OP: After Hours								
	Spirit Week			Spirit Week			Spirit Week			Spirit Week			Spirit Week			
29	30			1			2			3			4			5
Closed	6pm	Foundations Elevations	OP													Closed
	7:15pm	Foundations Actors & Activation	OP													
	8:15pm	OP: After Hours														
	9:15pm	OP: After Hours														