

# January

2026

Schedule is subject to change - Recheck regularly  
Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
Bi-Weekly Themes: 1-15: Gold/Silver/Blue 16-31: Snow/White/Ice				Closed New Years	Christmas Party 5:30-9pm 5:30PM Mingle & Jingle & Pole 7pm Twerk Off 7:30PM Gift Exchange Stay & Play	Closed
4	5	6	7	8	9	10
Closed	4:30PM 2.0Foundations Soul Circle Spin Ups 5:45PM 1.0Foundations Soul Circle Rolls & Articulation 7pm Elevations6.5 Soul Circle Rotations & Drops 8pm OP MINI	4:30PM 3.0 Levitations Soul Circle Sits & Rotation 5:45PM Twerk It! W.S. Soul Circle 7PM 6.0Inversions Soul Circle Cupid Transitions 8pm OP MINI 9:30PM Soul Circle: After Hours	Night 4:30PM A.0 Floorwork Soul Circle Threads & Side Crunch 5:45PM Heel101 Soul Circle 7pm 5.0Inversions Soul Circle Thigh Exits & Entries 8pm Soul Circle: After Hours 9pm Soul Circle: After Hours	4:30PM Starter Staples Soul Circle 5:45PM 4.0Levitations Soul Circle Spinning Fan Kicks 7pm Heel Appeal BEG Soul Circle 8pm OP MINI 9:30PM Soul Circle: After Hours	Morning 10am 4.0Levitations Soul Circle Climb Threads to Poses & Exits 11:15AM 2.0Foundations Soul Circle Spin Ups 12:30PM Elevations6.5 Soul Circle Rotations & Drops	Closed
11	12	13	14	15	16	17
Closed	4:30PM 2.0Foundations Soul Circle Swoops & Swivels 5:45PM 1.0Foundations Soul Circle Waves & Walks 7pm Elevations6.5 Soul Circle Handstands to Hangs 8pm OP MINI	4:30PM 3.0 Levitations Soul Circle Basic Climbs & Sits 5:45PM Twerk It! W.S. Soul Circle 7PM 6.0 Inversions Soul Circle Brass Monkey Pockets 8pm OP MINI 9:30PM Soul Circle: After Hours	Morning 10am A.0 Floorwork Soul Circle Threads,Circles&SideCrunch 11:15AM 2.0 Foundations Soul Circle Spin Ups 12:30PM Elevations6.5 Soul Circle Handstands to Hangs	4:30PM ElevationsA.5 Soul Circle 5:45PM 4.0Levitations Soul Circle Airwalks & Recaps 7pm Heel Appeal BEG Soul Circle 8pm OP MINI 9:30PM Soul Circle: After Hours	Night 4:30PM Soul Circle: VIBE NIGHT 6pm 2.0Foundations Soul Circle Swoops & Swivels 7:15PM Starter Staples 8:15PM Soul Circle: After Hours 9:15PM Soul Circle: After Hours	Closed
18	19	20	21	22	23	24
Closed	4:30PM 2.0Foundations Soul Circle Tails & Activation 5:45PM 1.0Foundations Soul Circle Pivots & Pirouettes 7pm Elevations6.5 Soul Circle Reverse Hand Grab 8pm OP MINI	4:30PM 3.0 Levitations Soul Circle Forearm Climbs & Sits 5:45PM Twerk It! W.S. Soul Circle 7PM 6.0 Inversions Soul Circle Thigh Grips & Switches 8pm OP MINI 9:30PM Soul Circle: After Hours	Night 4:30PM A.0 Floorwork Soul Circle Threads,Circles&SideCrunch 5:45PM Heel101 Soul Circle 7pm 5.0Inversions Soul Circle Basic Invert 8pm Soul Circle: After Hours 9pm Soul Circle: After Hours	4:30PM Elevations4.5 Soul Circle 5:45PM 4.0Levitations Soul Circle Climb Threads & Pockets 7pm Heel Appeal BEG Soul Circle 8pm OP MINI 9:30PM Soul Circle: After Hours	Morning 10am 1.0Foundations Soul Circle Waves & Walks 11:15AM 2.0Foundations Soul Circle Tails & Activation 12:30PM Elevations6.5 Soul Circle Reverse Hand Grab	Closed
25	26	27	28	29	30	31
Closed	4:30PM 2.0Foundations Soul Circle Hooks Lunges & Threads 5:45PM 1.0Foundations Soul Circle Anchors & Edgework 7pm Pole/Chair WS Soul Circle	4:30PM 3.0 Levitations Soul Circle Knee Pits & Thighs Pockets 5:45PM Twerk It! W.S. Soul Circle 7PM 6.0 Inversions Soul Circle Butterflies 8pm OP MINI 9:30PM Soul Circle: After Hours	Morning 10am A.0 Floorwork Soul Circle Pops, Bumps & Kicks 11:15AM 2.0 Foundations Soul Circle Swoops & Swivels 12:30PM Elevations6.5 Soul Circle Shoulder Mts & Catterpillars	4:30PM 5.0Inversions Soul Circle Basic Invert 5:45PM 4.0Levitations Soul Circle Climb Threads to Poses & Exits 7pm Heel Appeal BEG Soul Circle 8pm OP MINI 9:30PM Soul Circle: After Hours	Night 4:30PM Soul Circle: VIBE NIGHT 6pm 2.0Foundations Soul Circle Hooks Lunges & Threads 7:15PM Starter Staples 8:15PM Soul Circle: After Hours 9:15PM Soul Circle: After Hours	Closed