

Class Order & Level Guide

Add other classes such as heels, workshops & open practice 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:
Foundations	Foundations Level: Beg	Level: Beg	- Starter Staples	- Great starting point
Foundations Elevations Elevated from Foundations		Level: Beg	- Starter Staples - Foundations	- Pole Posture - Manipulating connection points & space
Levitations	Levitations Level: Beg to Int	Level: Beg	- Starter Staples - Foundations	- Pole Posture - Lifting your body weight
Levitations Elevations Elevated from Levitations		Level: Beg/ Int	- Starter Staples - Foundations - Levitations	- Climbs - Pole Sits
Inversions	Inversions Level: Int	Level: Int	- Starter Staples - Foundations - Levitations	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Pole Crunches/Chopper
Inversions Elevations Elevated from Inversions	Elevations Level: Adv	Level: Adv 6+	- Starter Staples - Foundations - Levitations - Inversions	- 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 all		Level: Adv 7+	- Starter Staples - Foundations - Levitations - Inversions - Inversions Elevations	- All basic variations to basic inverts - Going Upside Down - Safety & Exit Strategies

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Master Elevations Elevated from A.0 - 6.5		Level: Adv 7+	- Starter Staples - Foundations - Levitations - Inversions - Inversions Elevations	- All basic variations to basic inverts - Going Upside Down - Safety & Exit Strategies