

February

2026

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Bi-Weekly Themes: 1-15: Rosey/Black/Snow 16-31: Snow/White/Ice	5pm 2.0Foundations Open Pract Stags & Splits	5pm 3.0 Levitations Open Pract Spinny Climbs & Sits	5pm 3.0 Levitations Open Pract Twerk It! W.S.	5pm 5.0Inversions Open Pract Descents & Hip Holds	Closed KOTC	Night	Closed	Night	Closed	Night	Closed			
	6:15PM 1.0Foundations Open Pract Stands, Anchors & Edgework	6:15PM 6.0Inversions Open Pract Shoulder Mounts	6:15PM Twerk It! W.S. Open Pract	6:15PM Heel Appeal BEG Open Pract				5pm Starter Staples Open Pract						
	7:30PM Elevations6.5 Open Pract Laybacks & Grips	7:30PM Soul Circle: VIBE NIGHT	7:30PM Soul Circle: VIBE NIGHT	7:30PM Elevations4.5 Open Pract				6:15PM A.0 Floorwork Open Pract Divas, Waves, Prances & Plows						
	8:30PM Soul Circle: VIBE NIGHT	9:30PM Open Practice: After Hours		8:30PM Soul Circle: VIBE NIGHT				7:30PM Elevations6.5 Open Pract Butterflies & Ayeshas						
	9:30PM Open Practice: After Hours			9:30PM Open Practice: After Hours				8:30PM Soul Circle: VIBE NIGHT						
								9:30PM Open Practice: After Hours						
8	Closed	5pm 2.0Foundations Open Pract Kicks, Spins & Splits	5pm 3.0 Levitations Open Pract Jasmines, Sits & Climbs	5pm 3.0 Levitations Open Pract Twerk It! W.S.	5pm 5.0Inversions Open Pract Laybacks	Night	Closed	KOTC	Closed	KOTC	Closed			
	6:15PM 1.0Foundations Open Pract Anchors & Activation	6:15PM 6.0Inversions Open Pract Thigh Inverts	6:15PM Twerk It! W.S. Open Pract	6:15PM Heel Appeal BEG Open Pract										
	7:30PM WS Open Pract Pole/Chair/Lap Dance Combo	9:30PM Open Practice: After Hours	7:30PM Soul Circle: VIBE NIGHT	7:30PM Elevations4.5 Open Pract										
	8:30PM Soul Circle: VIBE NIGHT			8:30PM Soul Circle: VIBE NIGHT										
	9:30PM Open Practice: After Hours			9:30PM Open Practice: After Hours										
15	Closed	5pm 2.0Foundations Open Pract Back Hook Knee Spins	5pm 3.0 Levitations Open Pract Side Sits & Climbs	5pm 3.0 Levitations Open Pract Twerk It! W.S.	5pm 5.0Inversions Open Pract Jasmine Exits	Night	5pm A.0 Floorwork Open Pract Threads,Circles&SideCrunch	6:15PM ElevationsA.5 Open Pract	9:30AM A.0 Floorwork Open Pract Threads,Circles&SideCrunch	Morning	Closed			
	6:15PM 1.0Foundations Open Pract Leaps, Leans & Lunges	6:15PM 6.0 Inversions Open Pract Forward Spinning Inverts	6:15PM Twerk It! W.S. Open Pract	6:15PM Heel Appeal BEG Open Pract			7:30PM 4.0Levitations Open Pract Pole Sit to Apprentice		10:45AM Elevations2.5 Open Pract					
	7:30PM Elevations6.5 Open Pract Superman & Aerial Mounts	9:30PM Open Practice: After Hours	7:30PM Soul Circle: VIBE NIGHT	7:30PM Elevations4.5 Open Pract				9:30PM Open Practice: After Hours						
	8:30PM Soul Circle: VIBE NIGHT			8:30PM Soul Circle: VIBE NIGHT										
	9:30PM Open Practice: After Hours			9:30PM Open Practice: After Hours										
22	Closed	5pm 2.0Foundations Open Pract Spins & Reverse Extensions	5pm 3.0 Levitations Open Pract Pocket Recap	5pm 3.0 Levitations Open Pract Twerk It! W.S.	5pm 5.0Inversions Open Pract Inside Leg Anchor Invert	Night	5pm A.0 Floorwork Open Pract Pops, Bumps & Kicks	6:15PM ElevationsA.5 Open Pract	9:30AM A.0 Floorwork Open Pract Pops, Bumps & Kicks	Morning	Closed			
	6:15PM 1.0Foundations Open Pract Anchors,Threads&Connections	6:15PM 6.0 Inversions Open Pract Backwards Spin Inverts	6:15PM Twerk It! W.S. Open Pract	6:15PM Heel Appeal BEG Open Pract			7:30PM 4.0Levitations Open Pract Genie & Jasmine Pushes & Hops		10:45AM Elevations2.5 Open Pract					
	7:30PM Pole/Chair WS Open Pract	9:30PM Open Practice: After Hours	7:30PM Soul Circle: VIBE NIGHT	7:30PM Elevations4.5 Open Pract				9:30PM Open Practice: After Hours						
	9pm Open Practice: After Hours			9:30PM Open Practice: After Hours										
25														
26														
27														
28														