

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
Bi-Weekly Themes: 1-15: Rosey/Black/Snow 16-31: Snow/White/Ice	5pm 2.0Foundations Open Pract Stags & Splits 6:15PM 1.0Foundations Open Pract Stands, Anchors & Edgwork 7:30PM Elevations6.5 Open Pract Laybacks & Grips 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Spinny Climbs & Sits 6:15PM Twerk It! W.S. Open Pract 7:30PM 6.0Inversions Open Pract Shoulder Mounts 9:30PM Open Practice: After Hours	Night 5pm 5.0Inversions Open Pract Descents & Hip Holds 6:15PM Heel Appeal BEG Open Pract 7:30PM Elevations4.5 Open Pract 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	Closed KOTC	Night 5pm Starter Staples Open Pract 6:15PM A.0 Floorwork Open Pract Divas, Waves, Prances & Plows 7:30PM Elevations6.5 Open Pract Butterflies & Ayeshas 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	Closed
8	9	10	11	12	13	14
Closed	5pm 2.0Foundations Open Pract Kicks, Spins & Splits 6:15PM 1.0Foundations Open Pract Anchors & Activation 7:30PM WS Open Pract Pole/Chair/Lap Dance Combo 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Jasmines, Sits & Climbs 6:15PM Twerk It! W.S. Open Pract 7:30PM 6.0Inversions Open Pract Thigh Inverts 9:30PM Open Practice: After Hours	Night 5pm 5.0Inversions Open Pract Laybacks 6:15PM Heel Appeal BEG Open Pract 7:30PM Elevations4.5 Open Pract 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	Closed KOTC	Closed KOTC	Closed
15	16	17	18	19	20	21
Closed	5pm 2.0Foundations Open Pract Back Hook Knee Spins 6:15PM 1.0Foundations Open Pract Leaps, Leans & Lunges 7:30PM Elevations6.5 Open Pract Superman & Aerial Mounts 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Side Sits & Climbs 6:15PM Twerk It! W.S. Open Pract 7:30PM 6.0 Inversions Open Pract Forward Spinning Inverts 9:30PM Open Practice: After Hours	Night 5pm 5.0Inversions Open Pract Jasmine Exits 6:15PM Heel Appeal BEG Open Pract 7:30PM Elevations4.5 Open Pract 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	5pm A.0 Floorwork Open Pract Threads,Circles&SideCrunch 6:15PM ElevationsA.5 Open Pract 7:30PM 4.0Levitations Open Pract Pole Sit to Apprentice 9:30PM Open Practice: After Hours	Morning 9:30AM A.0 Floorwork Open Pract Threads,Circles&SideCrunch 10:45AM Elevations2.5 Open Pract 12pm Elevations4.5 Open Pract TFL	Closed
22	23	24	25	26	27	28
Closed	5pm 2.0Foundations Open Pract Spins & Reverse Extensions 6:15PM 1.0Foundations Open Pract Anchors,Threads&Connections 7:30PM Pole/Chair WS Open Pract 9pm Open Practice: After Hours	5pm 3.0 Levitations Open Pract Pocket Recap 6:15PM Twerk It! W.S. Open Pract 7:30PM 6.0 Inversions Open Pract Backwards Spin Inverts 9:30PM Open Practice: After Hours	Night 5pm 5.0Inversions Open Pract Inside Leg Anchor Invert 6:15PM Heel Appeal BEG Open Pract 7:30PM Elevations4.5 Open Pract 8:30PM Soul Circle: VIBE NIGHT 9:30PM Open Practice: After Hours	5pm A.0 Floorwork Open Pract Pops, Bumps & Kicks 6:15PM ElevationsA.5 Open Pract 7:30PM 4.0Levitations Open Pract Genie & Jasmine Pushes & Hops 9:30PM Open Practice: After Hours	Morning 9:30AM A.0 Floorwork Open Pract Pops, Bumps & Kicks 10:45AM Elevations2.5 Open Pract 12pm Elevations4.5 Open Pract	Closed