

# January

2024

December						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
S	M	T	W	T	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
10:15am Foundations	4:30pm Inversions	4:30pm PreReqPoleIntro	4:30pm Inversions	4:30pm Foundations	4:45pm PreReqPoleIntro	10:15am Pole Prep
11:30am Pole Prep	4:30pm AftrHrsOpnPole	5:45pm Levitations	4:30pm AftrHrsOpnPole	5:45pm Slink&SlideLiquid	6pm Levitations	11:30am Foundations
12:45pm Levitations	5:45pm Levitations	7pm Foundations	6pm Foundations	7pm Heel Appeal BEG	7:15pm ColLabCreations	12:30pmAfterHrsOpnPole
1:45pmAfterHrsOpnPole	7pm Pre Req Intro	8:15pm Elevations	7:15pm Levitations	7pm AfterHoursOpenPole	7:15 AfterHoursOpenPole	
		8:15 AfterHoursOpenPole			8:30pm Elevations	
		9:30pmAfterHrsOpenPole		9:30 AfterHoursOpenPole	8:30 AfterHoursOpenPole	
7	8	9	10	11	12	13
10:15am Foundations	4:45pm Inversions	4:30pm Pole Prep	4:30pm Elevations	4:30pm Foundations	Closed	Closed
11:30am Pole Prep	4:45pm AftrHrsOpnPole	5:45pm PreReqPoleIntro	4:30pm AftrHrsOpnPole	5:45pm Slink&SlideLiquid		
12:30pmAfterHrsOpnPole	6pm Foundations	7pm Foundations	6pm Foundations	7pm Heel Appeal BEG		
	7:15pm Levitations	8:15pm Levitations	7:15pm Levitations	7pm AfterHoursOpenPole		
		9:30pmAfterHrsOpenPole		8:15 Expressions		
				8:15 AfterHoursOpenPole		
14	15	16	17	18	19	20
Closed	4:30pm Inversions	9:30am Pole Prep	4:30pm Inversions	4:30pm Foundations	4:30pm PreReqPoleIntro	Closed
	4:30pm AftrHrsOpnPole	10:45am Foundations	4:30pm AftrHrsOpnPole	5:45pm Slink&SlideLiquid	5:45pm Elevations	
	5:45pm Levitations	12pm Levitations	6pm Foundations	7pm Beg Belly Series	5:45AfterHoursOpenPole	
	7pm Foundations	1pmAfterHoursOpenPole	7:15pm Levitations	8:15pm Heel Appeal BEG	7pm Pole Prep	
				8:15pm AftrHrsOpnPole	8:15pm Levitations	
				9:30 AfterHoursOpenPole		
21	22	23	24	25	26	27
6pm Pole Prep	4:30pm Inversions	4:30pm PreReqPoleIntro	4:30pm Inversions	4:30pm Foundations	4:30pm PreReqPoleIntro	Closed
7:15pm Foundations	4:30pm AftrHrsOpnPole	5:45pm Levitations	4:30pm AftrHrsOpnPole	5:45pm Slink&SlideLiquid	5:45pm Foundations	
8:30pm Elevations	5:45pm Foundations	7pm Pole Prep	6pm Foundations	7pm Beg Belly Series	7pm Inversions	
8:30 AfterHoursOpenPole	7pm Expressions	8:15pm Elevations	7:15pm Levitations	8:15pm Heel Appeal BEG	7 AfterHoursOpenPole	
		8:15 AfterHoursOpenPole		8:15pm AftrHrsOpnPole	8 AfterHoursOpenPole	
		9:30pmAfterHrsOpenPole		9:30 AfterHoursOpenPole		
28	29	30	31	1	2	3
6pm Pole Prep	4:30pm Inversions	9:30am Pole Prep	4:30pm Inversions	4:30pm Foundations	4:45pm Heel Appeal BEG	Closed
7:15pm Foundations	4:30pm AftrHrsOpnPole	10:45am Foundations	4:30pm AftrHrsOpnPole	5:45pm Slink&SlideLiquid	6pm Heel Appeal IA	
8:30pm Elevations	5:45pm Foundations	12pm Levitations	6pm Foundations	7pm Beg Belly Series	7:15 Expressions	
8:30 AfterHoursOpenPole	7pm Pole Prep	1pmAfterHoursOpenPole	7:15pm Levitations	8:15pm Heel Appeal BEG		
				8:15pm AftrHrsOpnPole		
				9:30 AfterHoursOpenPole		

Month

Year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY