

March

2026

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bi-Weekly Themes: 1-15: Gold/Green/Black 16-31: Earth/Green/Brown	2 5pm A.0 Floorwork Open Pract Divas, Waves, Prances & Plows 6:15PM 1.0 Foundations Open Pract Rolls & Articulation 7:30PM Elevations 6.5 Open Pract Butterflies & Ayeshas 8:30PM Soul Circle: VIBE NIGHT 9pm Open Practice: After Hours	3 5pm 3.0 Levitations Open Pract Sits & Rotation 6:15PM Twerk Team WS Open Pract Flow & Formations 7:30PM 6.0 Inversions Open Pract Thigh Inverts 9:30PM Open Practice: After Hours	4 5pm 5.0 Inversions Open Pract Outside Leg Anchor Invert 6:15PM Elevations A.5 Soul Circle (Floorwork) 7:30PM Elevations 4.5 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	5 5pm 2.0 Foundations Open Pract Spin Ups 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours	6 5pm 4.0 Levitations Open Pract Climb Threads & Pockets 6:15PM Starter Staples Open Pract 7:30PM Expressions WS Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	7 Closed
8 Closed	9 5pm A.0 Floorwork Open Pract Bridges, Threads & Crawls 6:15PM 1.0 Foundations Open Pract Waves & Walks 7:30PM Elevations 6.5 Open Pract Handstands & Handsprings 8:30PM Soul Circle: VIBE NIGHT 9pm Open Practice: After Hours	10 Morning 9:30AM Soul Circle: After Hours 10:30AM Soul Circle: After Hours 11:30AM Soul Circle: After Hours 12:30PM Soul Circle: After Hours Play Day	11 5pm 5.0 Inversions Open Pract Thigh Exits & Entries 6:15PM Elevations A.5 Open Pract (Floorwork) 7:30PM Elevations 4.5 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	12 5pm 2.0 Foundations Open Pract Swoops & Swivels 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours	13 5pm 4.0 Levitations Open Pract Climb Threads to Poses & Exits 6:15PM Starter Staples Open Pract 7:30PM Expressions WS Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	14 Closed
15 Closed	16 5pm A.0 Floorwork Soul Circle Reach & Retract 6:15PM 1.0 Foundations Open Pract Pivots & Pirouettes 7:30PM Elevations 6.5 Open Pract Butterflies & Meathooks 8:30PM Soul Circle: VIBE NIGHT 9pm Open Practice: After Hours Spirit Week	17 5pm 3.0 Levitations Open Pract Basic Climbs & Sits 6:15PM Twerk Team WS Open Pract Flow & Formations 7:30PM 6.0 Inversions Open Pract Cupid Transitions 9:30PM Open Practice: After Hours Spirit Week	18 5pm 5.0 Inversions Open Pract Basic Invert 6:15PM Elevations A.5 Open Pract (Floorwork) 7:30PM Elevations 4.5 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours Spirit Week	19 5pm 2.0 Foundations Open Pract Tails & Activation 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours Spirit Week	20 5pm 4.0 Levitations Open Pract Spin Climb Threads & Exits 6:15PM Starter Staples Open Pract 7:30PM Expressions WS Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours Spirit Week	21 Closed
22 Closed	23 5pm A.0 Floorwork Open Pract Rollovers 6:15PM 1.0 Foundations Open Pract Anchors & Edgework 7:30PM Pole/Chair WS Open Pract 9pm Open Practice: After Hours	24 5pm 3.0 Levitations Open Pract Forearm Climbs & Sits 6:15PM Twerk Team WS Open Pract Flow & Formations 7:30PM 6.0 Inversions Open Pract Brass Monkey Pockets 9:30PM Open Practice: After Hours	25 5pm 5.0 Inversions Open Pract Descents & Hip Holds 6:15PM Elevations A.5 Soul Circle (Floorwork) 7:30PM Elevations 4.5 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	26 5pm 2.0 Foundations Open Pract Hooks, Lunges & Threads 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours	27 5pm 4.0 Levitations Open Pract Pole Sit to Apprentice 6:15PM Starter Staples Open Pract 7:30PM Pole/Chair WS Open Pract 9pm Open Practice: After Hours	28 Closed
29 Closed	30 Morning 9:30AM Open Practice: After Hours 0:30AM Open Practice: After Hours 1:30AM Open Practice: After Hours 2:30PM Open Practice: After Hours Play Day	31 5pm 3.0 Levitations Open Pract Knee Pits & Thigh Pockets 6:15PM Twerk Team WS Open Pract Flow & Formations 7:30PM 6.0 Inversions Open Pract Thigh Grips & Switches 9:30PM Open Practice: After Hours	1	2	3	4 Closed