

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Bi-Weekly Themes: 1-15: Floral/Vibrant 16-31: Yellows/Earth	27	28	29	30	1 5pm 5.0 Inversions Open Pract Forearm, Shoulder & Handstands 6:15PM Starter Staples Open Pract 7:30PM 2.0 Foundations Open Pract Spin Ups 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	2 Closed
3 Closed	4 5pm A.0 Floorwork Open Pract Press to Plows & Rolls 6:15PM 1.0 Foundations Open Pract Stands, Anchors & Edgework 7:30PM Elevations 6.5 Open Pract Butterfly Flips 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours Spirit Week	5 5pm 4.0 Levitations Open Pract Genie & Jasmine Pushes & Hops 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Shoulder Mts & Caterpillars 9:30PM Open Practice: After Hours Spirit Week	6 5pm Heel 101 Open Pract Shoes, Walks & Pivot Points 6:15PM 6.0 Inversions Open Pract Shoulder Mounts 7:30PM Elevations A.5 Open Pract Rolls, Bridges & Knee Pulls 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours Spirit Week	7 5pm Starter Staples Open Pract 6:15PM Heel Appeal BEG Open Pract 7:30PM Expressions WS Open Pract (Choreography) 9:30PM Open Practice: After Hours Spirit Week	8 5pm 5.0 Inversions Open Pract Outside Leg Anchor Invert 6:15PM 3.0 Levitations Open Pract Basic Climbs & Sits 7:30PM 2.0 Foundations Open Pract Spin Ups 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours Spirit Week	9 Closed
10 Closed	11 5pm A.0 Floorwork Soul Circle Threads, Circles & Side Crunch 6:15PM 1.0 Foundations Open Pract Anchors & Activation 7:30PM Elevations 6.5 Open Pract Brass Monkey & Icarus's 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours Spirit Week	12 5pm 4.0 Levitations Open Pract Spinning Fan Kicks 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Handstands & Handsprings 9:30PM Open Practice: After Hours	13 5pm Twerk WS Open Pract Booty Basics 6:15PM 6.0 Inversions Open Pract Backwards Spinning Inverts 7:30PM Elevations 4.5 Open Pract Hood Ornament Variations 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	14 Closed KOTC	15 Closed KOTC	16 Closed
17 Closed	18 5pm A.0 Floorwork Open Pract Pops, Bumps & Kicks 6:15PM 1.0 Foundations Open Pract Leaps, Leans & Lunges 7:30PM Elevations 6.5 Open Pract Laybacks & Grips 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	19 5pm 4.0 Levitations Open Pract Airwalks & Recaps 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Rotations & Drops 9:30PM Open Practice: After Hours	20 5pm Heel 101 Open Pract Edgework & Drills 6:15PM 6.0 Inversions Open Pract Thigh Inverts 7:30PM Master Elevations Open Pract ShiShi to Hollydrop 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	21 5pm Starter Staples Open Pract 6:15PM Heel Appeal BEG Open Pract 7:30PM Expressions WS Open Pract (Choreography) 9:30PM Open Practice: After Hours	22 5pm 5.0 Inversions Open Pract Thigh Exits & Entries 6:15PM 3.0 Levitations Open Pract Knee Pits & Thigh Pockets 7:30PM 2.0 Foundations Open Pract Swoops & Swivels 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	23 Closed
24 Closed	25 5pm A.0 Floorwork Soul Circle Divas, Waves, Prances & Plows 6:15PM 1.0 Foundations Open Pract Anchors, Threads & Connections 7:30PM Pole/Chair WS Open Pract 9pm Open Practice: After Hours	26 5pm 4.0 Levitations Open Pract Climb Threads & Pockets 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Butterflies & Ayeshas 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	27 5pm Twerk WS Open Pract Booty Basics 6:15PM 6.0 Inversions Open Pract Cupid Transitions 7:30PM Elevations A.5 Open Pract Plows to Bridge & Reverse 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	28 Morning 9:30AM Open Practice: After Hours 10:30AM Open Practice: After Hours 11:30AM Open Practice: After Hours 12:30PM Open Practice: After Hours Play Day	29 Closed Comp	30 Closed