

April 2025

Schedule is subject to change - Recheck regularly
Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Weekly Theme: Earth • Grounded	6pm Levitations 3.6	5:30pm Liquid Motion B.1	6pm Foundations 2.6	Closed	5:30pm Pop-In & Play	Closed
	7:15pm Inversions 5.6	6:45pm Foundations 1.1	7:15pm Levitations 4.6		6:45pm Levitations 3.1	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Pop-In & Play	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		Gym	
		9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play		8:30pm Inversions 6.1	
			9:30pm AfterHrsOpenPrac		9:30pm AfterHrsOpenPrac	
6	7	8	9	10	11	12
Closed	6pm Liquid Motion A.1	5:30pm Pop-In & Play	6pm Inversions 5.1	Closed	5:30pm Elevations INT	9:30am Pop-In & Play
Weekly Theme: Bright • Energetic	7:15pm Levitations 4.1	5:30pm Elevations BEG	7:15pm Foundations 2.1	Kotc	5:30pm Pop-In & Play	10:45am PreReq Pole Intro
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.2	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm Levitations 3.2	
		8pm Pop-In & Play			Gym	
		8pm Elevations INT			8:30pm Inversions 6.2	
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play	9:30pm AfterHrsOpenPrac		9:30pm AfterHrsOpenPrac	
13	14	15	16	17	18	19
Closed	6pm Liquid Motion A.2	5:30pm Pop-In & Play	6pm Inversions 5.2	Closed	5:30pm Elevations INT	6pm Pop-In & Play
Weekly Theme: Purple • Lively	7:15pm Levitations 4.2	5:30pm Elevations INT	7:15pm Foundations 2.2	Tricksters	5:30pm Pop-In & Play	7:15pm Heel Appeal BEG
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.3	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm Levitations 3.3	8:15pm AfterHrsOpenPrac
		8pm Pop-In & Play			Gym	
		8pm Elevations BEG			8:30pm Pop-In & Play	
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play	9:30pm AfterHrsOpenPrac		8:30pm Elevations INT	
					9:30pm AfterHrsOpenPrac	
20	21	22	23	24	25	26
Closed	6pm Liquid Motion A.3	5:30pm Pop-In & Play	Closed	5:30pm PreReq Pole Intro	5:30pm Elevations INT	Closed
Weekly Theme: Yellow/Gold • Beams	7:15pm Levitations 4.3	5:30pm Elevations INT	Skate night	6:45pm Heel Appeal BEG	5:30pm Pop-In & Play	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.4		8pm Elevations BEG	6:45pm Levitations 3.4	
		8pm Pop-In & Play		8pm Pop-In & Play	Gym	
		8pm Elevations INT		9pm AfterHrsOpenPrac	8:30pm Pop-In & Play	
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play			8:30pm Elevations INT	
		9:30pm AfterHrsOpenPrac			9:30pm AfterHrsOpenPrac	
27	28	29	30	1	2	3
Closed	6pm Liquid Motion A.4	5:30pm Pop-In & Play	6pm Inversions 5.3			
Weekly Theme: Grey • Rain	7:15pm Levitations 4.4	5:30pm Elevations BEG	7:15pm Foundations 2.3			
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.5	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)			
		8pm Pop-In & Play				
		8pm Elevations INT				
	9:15pm AfterHrsOpenPrac	9:30pm Pop-In & Play	9:30pm AfterHrsOpenPrac			

May 2025

Schedule is subject to change - Recheck regularly
Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				5:30pm ElevationsINT	5:30pm ElevationsINT	Closed
				5:30pm Pop-In & Play	5:30pm Pop-In & Play	
				6:45pm Heel Appeal BEG	6:45pm Levitations 3.5	
				8pm Inversions5.1	Gym	
				9pmAfterHrsOpenPrac	8:30pm PreReqPoleIntro	
					9:30pmAfterHrsOpenPrac	
4	5	6	7	8	9	10
Closed	6pm Liquid Motion A.5	5:30pm Pop-In & Play	6pm Inversions5.4	5:30pm Liquid Motion A.1	Reno	Closed
Weekly Theme: Rainbow • Flowers	7:15pm Levitations 4.5	5:30pm ElevationsINT	7:15pm Foundations 2.4	6:45pm Heel Appeal BEG	Closed	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.6	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Inversions5.2		
		8pm Pop-In & Play	9:30pm ElevationsINT	8pm Pop-In & Play		
		9pmAfterHrsOpenPrac	9:30pm Pop-In & Play	9pmAfterHrsOpenPrac		
			9:30pmAfterHrsOpenPrac			
11	12	13	14	15	16	17
Closed	6pm Liquid Motion A.6	5:30pm Pop-In & Play	6pm Inversions5.5	5:30pm Liquid Motion A.2	5:30pm Pop-In & Play	Closed
Weekly Theme: Green • Bloom	7:15pm Levitations 4.6	5:30pm ElevationsINT	7:15pm Foundations 2.5	6:45pm Heel Appeal BEG	5:30pm ElevationsBEG	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 2.1	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Inversions5.3	6:45pm Levitations 3.6	
		8pm Levitations 4.1	9:30pm ElevationsBEG	8pm Pop-In & Play	Gym	
		9pmAfterHrsOpenPrac	9:30pm Pop-In & Play	9pmAfterHrsOpenPrac	8:30pm PreReqPoleIntro	
			9:30pmAfterHrsOpenPrac		9:30pmAfterHrsOpenPrac	
18	19	20	21	22	23	24
Closed	6pm Pop-In & Play	5:30pm Pop-In & Play	6pm Inversions5.6	5:30pm Liquid Motion A.3	5pmAfterHrsOpenPrac	Closed
Weekly Theme: Blue • Skyhigh	7:15pm PreReqPoleIntro	5:30pm ElevationsINT	7:15pm Foundations 2.6	6:45pm Heel Appeal BEG	Closed	
	7:15pm Foundations 1.Intro	6:45pm Foundations 2.2	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Inversions5.4	Pg fights	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Levitations 4.2	9:30pm ElevationsBEG	8pm Pop-In & Play		
		9pmAfterHrsOpenPrac	9:30pm Pop-In & Play	9pmAfterHrsOpenPrac		
			9:30pmAfterHrsOpenPrac			
25	26	27	28	29	30	31
Closed	Closed	5:30pm Pop-In & Play	6pm Inversions6.1	5:30pm Liquid Motion A.4	5:30pm Pop-In & Play	
Weekly Theme: Orange/ Yellow/Brown • Sunnv	Memorial Day	5:30pm ElevationsBEG	7:15pm Levitations 3.1	6:45pm Heel Appeal BEG	5:30pm ElevationsBEG	
		6:45pm Foundations 2.3	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Inversions5.5	6:45pm ElevationsINT	
		8pm Levitations 4.3	9:30pm ElevationsBEG	8pm Pop-In & Play	6:45pm Pop-In & Play	
		9pmAfterHrsOpenPrac	9:30pm Pop-In & Play	9pmAfterHrsOpenPrac	Gym	
			9:30pmAfterHrsOpenPrac		8:30pmAfterHrsOpenPrac	

June

2025

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
	6pm Liquid Motion B.1	5:30pm Pop-In & Play	6pm Inversions6.2	5:30pm Liquid Motion A.5	Closed	Closed
Weekly Theme: Green/Blue • Water	7:15pm Foundations 1.1	5:30pm ElevationsINT	7:15pm Levitations 3.2	6:45pm Heel Appeal BEG	Graduation	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 2.4	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Inversions5.6		
		8pm Levitations 4.4	9:30pm ElevationsBEG	8pm Pop-In & Play		
		9pmAfterHrsOpenPrac	9:30pm Pop-In & Play	9pmAfterHrsOpenPrac		
			9:30pmAfterHrsOpenPrac			
8	9	10	11	12	13	14
Closed	6pm Liquid Motion B.2	5:30pm Pop-In & Play	6pm Inversions6.3	Closed	5:30pm PreReqPoleIntro	Closed
Weekly Theme: Pink/Black • Vibrant	7:15pm Foundations 1.2	5:30pm ElevationsBEG	7:15pm Levitations 3.3	Gymnastics Show		6:45pm Pop-In & Play
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 2.5	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm ElevationsINT	
		8pm Levitations 4.5	9:30pm ElevationsINT		8pm Pop-In & Play	
		9pmAfterHrsOpenPrac	9:30pm Pop-In & Play		8pm ElevationsBEG	
			9:30pmAfterHrsOpenPrac		9pmAfterHrsOpenPrac	
15	16	17	18	19	20	21
Closed	6pm Liquid Motion B.3	5:30pm Pop-In & Play	6pm Inversions6.4	5:30pm Liquid Motion A.6	Closed	Closed
Weekly Theme: Purple/Blue • Sunset	7:15pm Foundations 1.3	5:30pm ElevationsINT	7:15pm Levitations 3.4	6:45pm Heel Appeal BEG		
	8:30pm PreReqPoleIntro	6:45pm Foundations 2.6	8:30pm Pop-In & Play	8pm ElevationsBEG		
	9:30pmAfterHrsOpenPrac	8pm Levitations 4.6	8:30pm ElevationsBEG	8pm Pop-In & Play		
		9pmAfterHrsOpenPrac	9:30pmAfterHrsOpenPrac	9pmAfterHrsOpenPrac		
22	23	24	25	26	27	28
Closed	6pm Liquid Motion B.4	6pm Liquid Motion B.1	6pm Inversions6.5	5pm Pop-In & Play	Closed	Closed
Weekly Theme: All Colors • Rainbows	7:15pm Foundations 1.4	7:15pm Levitations 3.1	7:15pm Levitations 3.5	5pmAfterHrsOpenPrac		
	8:30pm PreReqPoleIntro	8:30pm Inversions5.1	8:30pm Pop-In & Play			
	9:30pmAfterHrsOpenPrac	8:30pm Pop-In & Play	8:30pm ElevationsBEG			
		9:30pmAfterHrsOpenPrac	9:30pmAfterHrsOpenPrac	Pride		
29	30	1	2	3	4	5
Closed	6pm Liquid Motion B.5					
Weekly Theme: Red/White/Blue • Independence	7:15pm Foundations 1.5					
	8:30pm PreReqPoleIntro					
	9:30pmAfterHrsOpenPrac					

July 2025

Schedule is subject to change - Recheck regularly
Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
		6pm Liquid Motion B.2	6pm Inversions6.6	6pm Heel101 Series • 1	Closed	Closed
		7:15pm Levitations 3.2	7:15pm Levitations 3.6	7:15pm Heel Appeal BEG	4th of July	
		8:30pm Inversions5.2	8:30pm Pop-In & Play	8:30pm Inversions6.1		
		8:30pm Pop-In & Play	8:30pm ElevationsINT	8:30pm Pop-In & Play		
		9:30pmAfterHrsOpenPrac	9:30pmAfterHrsOpenPrac	9:30pmAfterHrsOpenPrac		
6	7	8	9	10	11	12
Closed	6pm Liquid Motion B.6	6pm Liquid Motion B.3	12:30pm Pop-In & Play	6pm Heel101 Series • 2	Closed	Closed
	7:15pm Foundations 1.6	7:15pm Levitations 3.3	12:30pm ElevationsBEG	7:15pm Heel Appeal BEG		
	8:30pm Pop-In & Play	8:30pm Inversions5.3	1:45pm Pop-In & Play	8:30pm Inversions6.2		
	8:30pm ElevationsBEG	8:30pm Pop-In & Play	1:45pm ElevationsINT	8:30pm Pop-In & Play		
	9:30pmAfterHrsOpenPrac	9:30pmAfterHrsOpenPrac		9:30pmAfterHrsOpenPrac		
			4:30pm PreReqPoleIntro			
			4:30pm Foundations 1.Intro			
			5:45pm Pop-In & Play			
13	14	15	16	17	18	19
Closed	12:30pm Pop-In & Play	6pm Liquid Motion B.4	12:30pm Pop-In & Play	6pm Heel101 Series • 3	5:30pm Pop-In & Play	Closed
	12:30pm ElevationsBEG	7:15pm Levitations 3.4	12:30pm ElevationsBEG	7:15pm Heel Appeal BEG	5pmAfterHrsOpenPrac	
	1:45pm Pop-In & Play	8:30pm Inversions5.4	1:45pm Pop-In & Play	8:30pm Inversions6.3	Key Ceremony	
	1:45pm ElevationsINT	8:30pm Pop-In & Play	1:45pm ElevationsINT	8:30pm Pop-In & Play	7:30-8:30pm	
		9:30pmAfterHrsOpenPrac		9:30pmAfterHrsOpenPrac	May the Pole be w/You	
	4:30pm Liquid Motion A.1		4:30pm Foundations 1.1		BINGO Night	
	5:45pm Foundations 2.1		5:45pm Levitations 4.1		8:30-9:30pm	
			5:45pm Pop-In & Play		D&VBI	
20	21	22	23	24	25	26
Closed		6pm Liquid Motion B.5	12:30pm Pop-In & Play	6pm Heel101 Series • 4	5pm Pop-In & Play	Closed
	12:30pm PreReqPoleIntro	7:15pm Levitations 3.5	12:30pm ElevationsBEG	7:15pm Heel Appeal BEG	5pmAfterHrsOpenPrac	
	1:45pm Pop-In & Play	8:30pm Inversions5.5	1:45pm Pop-In & Play	8:30pm Inversions6.4	Pg fights	
	1:45pm ElevationsINT	8:30pm Pop-In & Play	1:45pm ElevationsINT	8:30pm Pop-In & Play		
		9:30pmAfterHrsOpenPrac		9:30pmAfterHrsOpenPrac		
	4:30pm Liquid Motion A.2		4:30pm Foundations 1.2			
	5:45pm Foundations 2.2		5:45pm Levitations 4.2			
			5:45pm Pop-In & Play			
27	28	29	30	31	1	2
Closed	12:30pm Pop-In & Play	6pm Liquid Motion B.6	12:30pm Pop-In & Play	Closed		
	12:30pm ElevationsBEG	7:15pm Levitations 3.6	12:30pm ElevationsBEG	Reno		
	1:45pm Pop-In & Play	8:30pm Inversions5.6	1:45pm PreReqPoleIntro			
	1:45pm ElevationsINT	8:30pm Pop-In & Play				
		9:30pmAfterHrsOpenPrac				
	4:30pm Liquid Motion A.3		4:30pm Foundations 1.3			
	5:45pm Foundations 2.3		5:45pm Levitations 4.3			
			5:45pm Pop-In & Play			

August 2025

Schedule is subject to change - Recheck regularly
Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					Closed Reno	Closed
3	4	5	6	7	8	9
Closed	12:30pm Pop-In & Play	6pm PreReqPoleIntro	12:30pm Pop-In & Play	6pm PreReqPoleIntro	Closed	Closed
	12:30pm ElevationsBEG	6pm Foundations 1.Intro	12:30pm ElevationsBEG	7:15pm Heel Appeal BEG		
	1:45pm Pop-In & Play	7:15pm Workshop:Pole&Chair Combo	1:45pm Pop-In & Play	8:30pm Inversions6.5		
	1:45pm ElevationsINT		1:45pm ElevationsINT	8:30pm Pop-In & Play		
		9pm Pop-In & Play		9:30pmAfterHrsOpenPrac		
	4:30pm Liquid Motion A.4	9pmAfterHrsOpenPrac	4:30pm Foundations 1.4			
	5:45pm Foundations 2.4		5:45pm Levitations 4.4			
			5:45pm Pop-In & Play			
10	11	12	13	14	15	16
Closed	12:30pm Pop-In & Play	6pm Foundations 1.1	12:30pm Pop-In & Play	6pm PreReqPoleIntro	Closed	Closed
	12:30pm ElevationsBEG	7:15pm Inversions5.1	12:30pm ElevationsBEG	7:15pm Heel Appeal BEG		
	1:45pm Pop-In & Play	8:30pm Expressions	1:45pm Pop-In & Play	8:30pm Inversions6.6		
	1:45pm ElevationsINT	9:30pmAfterHrsOpenPrac	1:45pm ElevationsINT	8:30pm Pop-In & Play		
				9:30pmAfterHrsOpenPrac		
	4:30pm Liquid Motion A.5		4:30pm Foundations 1.5			
	5:45pm Foundations 2.5		5:45pm Levitations 4.5			
			5:45pm Pop-In & Play			
17	18	19	20	21	22	23
Closed	12:30pm Pop-In & Play	6pm Foundations 1.2	12:30pm Pop-In & Play	6pm PreReqPoleIntro	Closed	Closed
	12:30pm ElevationsBEG	7:15pm Inversions5.2	12:30pm ElevationsBEG	7:15pm Heel Appeal BEG		
	1:45pm Pop-In & Play	8:30pm Collab Creations	1:45pm Pop-In & Play	8:30pm Workshop:CircusCity		
	1:45pm ElevationsINT	9:30pmAfterHrsOpenPrac	1:45pm ElevationsINT			
				9:30pmAfterHrsOpenPrac		
	4:30pm Liquid Motion A.6		4:30pm Foundations 1.6			
	5:45pm Foundations 2.6		5:45pm Levitations 4.6			
			5:45pm Pop-In & Play			
24	25	26	27	28	29	30
Closed	Closed	Closed	Closed	Closed	Closed	Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY