

September 2026

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
Bi-Weekly Themes: 1-15: Flannel & Fishnets 16-31: Fall Baddie		8am Private Lesson 9:15AM Morning Mix: All Levels Open Pract 10:30AM Morning Mix: All Levels Open Pract 11:30AM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Starter Staples Open Pract 7:30PM Invers/Elev 6.5 Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Heel Appeal Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed
6	7	8	9	10	11	12
Closed	8am Private Lesson 9:15AM Morning Mix: All Levels Open Pract 10:15AM Open Practice: After Hours	4:30PM Private Lesson 6:15PM Invers/ Elevations Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Elevations Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Heel Appeal Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed
13	14	15	16	17	18	19
Closed	8am Private Lesson 9:15AM Morning Mix: All Levels Open Pract 10:15AM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Invers/ Elevations Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Elevations Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Heel101 Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Starter Staples Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed
20	21	22	23	24	25	26
Closed	8am Private Lesson 9:15AM Morning Mix: All Levels Open Pract 10:15AM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Invers/ Elevations Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Elevations Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Heel Appeal Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Open Pract 7:30PM Twerk Workshop Open Pract Twerk Lab: Basics & Formations 9pm Open Practice: After Hours	Closed
27	28	29	30	1	2	3
Closed	8am Private Lesson 9:15AM Morning Mix: All Levels Open Pract 10:15AM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Invers/ Elevations Open Pract 7:30PM Levitations/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	5:15PM Open Practice: After Hours 6:15PM Foundations Elevations Open Pract 7:30PM Invers/ Elevations Open Pract 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours			Closed