

August

2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
Bi-Weekly Themes: 1-15: N/A 16-31: N/A						Closed
2	3	4	5	6	7	8
Closed	6:15PM Open Practice Foundations 1.0, 2.0 & 2.5 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Twerk Lab: Basics & Formations 7:30PM Open Practice Levitations 3.0, 4.0 & 4.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Starter Staples 7:30PM Open Practice Floorwork A.0 & A.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Heel Appeal BEG 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed	Closed
9	10	11	12	13	14	15
Closed	6:15PM Open Practice Foundations 1.0, 2.0 & 2.5 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Twerk Lab: Basics & Formations 7:30PM Open Practice Levitations 3.0, 4.0 & 4.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 7:30PM Open Practice Floorwork A.0 & A.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Heel Appeal BEG 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed	Closed
16	17	18	19	20	21	22
Closed	6:15PM Open Practice Foundations 1.0, 2.0 & 2.5 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Twerk Lab: Basics & Formations 7:30PM Open Practice Levitations 3.0, 4.0 & 4.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Starter Staples 7:30PM Open Practice Floorwork A.0 & A.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Heel Appeal BEG 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed	Closed
23	24	25	26	27	28	29
Closed	6:15PM Open Practice Foundations 1.0, 2.0 & 2.5 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Twerk Lab: Basics & Formations 7:30PM Open Practice Levitations 3.0, 4.0 & 4.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 7:30PM Open Practice Floorwork A.0 & A.5 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6:15PM Open Practice Heel Appeal BEG 7:30PM Open Practice Inversions 5.0, 6.0, 6.5 & Master Elevations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	Closed	Closed