

# May

2024

April						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

June						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			6pm PreReqPoleIntro	Closed	5:45pm Foundations 1.1	Closed
			7:15pm Foundations 1.2		7pm PreReqPoleIntro	
5	6	7	8	9	10	11
Closed	Closed	9am Yoga 2	6pm PreReqPoleIntro	4:30pm Foundations 1.1	5:45pm Foundations 1.2	Closed
	Co-Hosting @ Redroom Open Mic Night You are welcome to join! Pole Performances also welcome!	10:15am Foundations1.2	7:15pm Foundations 1.3	5:45pm Pole Prep	7pm PreReqPoleIntro	Mid May Mushroom Day  (Check Monthly Meet Ups Tab)
		11:30am Pole Prep		7pm Heel Appeal BEG	8:15pm AftrHrsOpnPrac	
		12:30pm AftrHrsOpnPrac		8:15pm AftrHrsOpnPrac		
12	13	14	15	16	17	18
Closed	6pm PreReqPoleIntro	9am Yoga 3	6pm PreReqPoleIntro	4:30pm Foundations 1.2	5:45pm Foundations 1.3	Closed
	7:15pm Foundations 1.4	10:15am Foundations1.3	7:15pm Foundations 1.5	5:45pm Heel Appeal BEG	7pm Pole Prep	
		11:30am Pole Prep		7pm Beg Belly Series	8:15pm AftrHrsOpnPrac	
		12:30pm AftrHrsOpnPrac		8:15pm AftrHrsOpnPrac		
19	20	21	22	23	24	25
Closed	6pm PreReqPoleIntro	9am Yoga 1	6pm Foundations 1.1	4:30pm Foundations 1.3	5:45pm Foundations 1.4	Closed
	7:15pm Foundations 1.6	10:15am Foundations1.4	7:15pm Foundations 2.1	5:45pm LiquidMotion 1.1	7pm PreReqPoleIntro	
		11:30am Pole Prep		7pm Beg Belly Series		
		12:30pm AftrHrsOpnPrac		8:15pm Heel Appeal BEG		
				8:15pm AftrHrsOpnPrac		
				9:15 AfterHoursOpenPrac		
26	27	28	29	30	31	1
Closed	Closed	9am Yoga 2	6pm Foundations 1.2	4:30pm Foundations 1.4	5:45pm Foundations 1.5	
		10:15am Foundations1.5	7:15pm Foundations 2.2	5:45pm LiquidMotion 1.2	7pm Chair/Pole W.S.	
		11:30am Pole Prep		7pm Beg Belly Series	8:15pm AftrHrsOpnPrac	
		12:30pm AftrHrsOpnPrac		8:15pm Heel Appeal BEG		
				8:15pm AftrHrsOpnPrac		
				9:15 AfterHoursOpenPrac		