

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Bi-Weekly Themes: 1-15: Floral/Vibrant 16-31: Red/White/Blue	1 5pm A.0 Floorwork Open Pract Press to Plows & Rolls 6:15PM 1.0Foundations Open Pract Stands, Anchors & Edgework 7:30PM Elevations6.5 Open Pract Butterflies & Ayeshas 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	2 5pm 4.0 Levitations Open Climb Threads & Exits 6:15PM Twerk:BootySquadWS Open Flow & Formations 7:30PM Elevations6.5 Open Butterflies & Ayeshas 9:30PM Open Practice: After Hours	3 5pm Twerk WS Open Booty Basics 6:15PM 6.0 Inversions Open Backwards Spinning Inverts 7:30PM Elevations4.5 Open Hood Ornament Variations 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	4 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	5 5pm 5.0 Inversions Open Pract Basic Invert 6:15PM Starter Staples Open Pract 7:30PM 2.0Foundations Open Pract Anchors, Threads & Connections 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	6 Closed 12:30PM Pole Party
7 Closed	8 5pm Open Practice A.0 Floorwork Divas, Waves, Prances & Plows ElevationsA.5 Rolls, Bridges & Knee Pulls 6:15PM Open Practice 1.0Foundations Waves & Walks 2.0Foundations Tails & Activation 7:30PM Open Practice Elevations6.5 Brass Monkey & Icarus's Elevations4.5 Genie Variations 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	9 5pm Open Practice 3.0 Levitations Basic Climbs & Sits 4.0 Levitations Pole Sit to Apprentice 6:15PM Open Practice Twerk:BootySquad Flow & Formations 7:30PM Open Practice Elevations6.5 Handstands & Handsprings Elevations4.5 Spinny Threads & Thighs 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours Team pic @ 5:30	10 5pm Open Practice Twerk WS Booty Basics 6:15PM Open Practice Heel Appeal BEG 7:30PM Open Practice 5.0 Inversions Outside Leg Anchor Invert 6.0 Inversions Backwards Spinning Inverts 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	11 Closed Gymnastics Show	12 5pm Open Practice 5.0 Inversions Descents & Hip Holds 6.0 Inversions Thigh Grips & Switches 6:15PM Open Practice Starter Staples 7:30PM Open Practice 1.0Foundations Waves & Walks 2.0Foundations Tails & Activation 8:30PM Open Practice: After Hours 9:30PM Open Practice: After Hours	13 Closed
14 Closed Slay to Spin Spirit Week! (Dress up to spin the wheel)	15 Spirit Week	16 Spirit Week	17 Spirit Week	18 Spirit Week	19 Spirit Week	20 5pm Pole Party
21 Closed	22	23	24	25	26	27 Closed
28 Closed	29	30 Closed Sky Diving	1	2	3	4 Closed