

SUNDAY 29	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4
Bi-Weekly Themes: 1-15: Floral/Spring 16-31: Blues/Purples			5pm 3.0 Levitations Open Pract Spinny Climbs & Sits 6:15PM 6.0 Inversions Open Pract Brass Monkey Pockets 7:30PM Heel Appeal Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	Morning 9:30AM Open Practice: After Hours 10:30AM Open Practice: After Hours 11:30AM Open Practice: After Hours 12:30PM Open Practice: After Hours Play Day	5pm 5.0 Inversions Open Pract Forearm, Shoulder & Handstands 6:15PM Starter Staples Open Pract 7:30PM 2.0 Foundations Open Pract Spin Ups 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	Closed
Closed	5pm A.0 Floorwork Open Pract Bridges, Threads & Crawls 6:15PM 1.0 Foundations Open Pract Stands, Anchors & Edgework 7:30PM Elevations 6.5 Open Pract Handstands & Handsprings 8:30PM Soul Circle: VIBE NIGHT 9pm Open Practice: After Hours	5pm 4.0 Levitations Open Pract Climb Threads & Pockets 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Brass Monkey 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Jasmines, Sits & Climbs 6:15PM 6.0 Inversions Open Pract Thigh Grips & Switches 7:30PM Elevations 4.5 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	5pm Expressions WS Open Pract 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours	5pm 5.0 Inversions Open Pract Jasmine Exits 6:15PM Heel 101 Open Pract 7:30PM 2.0 Foundations Open Pract Swoops & Swivels 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	Closed
Closed	5pm A.0 Floorwork Soul Circle Reach & Retract 6:15PM 1.0 Foundations Open Pract Anchors & Activation 7:30PM Elevations 6.5 Open Pract Butterflies & Meathooks 8:30PM Soul Circle: VIBE NIGHT 9pm Open Practice: After Hours Spirit Week	5pm 4.0 Levitations Open Pract Climb Threads to Poses & Exits 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Superman & Aerial Mounts 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Side Sits & Climbs 6:15PM 6.0 Inversions Open Pract Butterflies 7:30PM Heel 101 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	5pm Elevations A.5 Open Pract (Floorwork) 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours	5pm 5.0 Inversions Open Pract Inside Leg Anchor Invert 6:15PM Starter Staples Open Pract 7:30PM 2.0 Foundations Open Pract Tails & Activation 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	Closed
Closed	5pm A.0 Floorwork Open Pract Rollovers 6:15PM 1.0 Foundations Open Pract Leaps, Leans & Lunges 7:30PM Elevations 6.5 Open Pract Butterflies & Ayeshas 8:30PM Soul Circle: VIBE NIGHT 9pm Open Practice: After Hours	5pm 4.0 Levitations Open Pract Pole Sit to Apprentice 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Butterflies & Superman 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Pocket Recap 6:15PM 6.0 Inversions Open Pract Forward Spinning Inverts 7:30PM Elevations 4.5 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	5pm Expressions WS Open Pract 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours	Morning 9:30AM Soul Circle: After Hours 10:30AM Soul Circle: After Hours 11:30AM Soul Circle: After Hours 12:30PM Soul Circle: After Hours Play Day TFL	Closed
Closed	5pm A.0 Floorwork Soul Circle Press to Plows & Rolls 6:15PM 1.0 Foundations Open Pract Anchors, Threads & Connections 7:30PM Pole/Chair WS Open Pract 9pm Open Practice: After Hours	5pm 4.0 Levitations Open Pract Apprentice Pocket & Posture 6:15PM Twerk: Booty Squad WS Open Pract Flow & Formations 7:30PM Elevations 6.5 Open Pract Butterfly Flips 9:30PM Open Practice: After Hours	5pm 3.0 Levitations Open Pract Sits & Rotation 6:15PM 6.0 Inversions Open Pract Shoulder Mounts 7:30PM Heel 101 Open Pract 8:30PM Soul Circle: Vibe Night 9pm Open Practice: After Hours	5pm Elevations A.5 Open Pract (Floorwork) 6:15PM Heel Appeal BEG Open Pract 7:30PM Twerk WS Open Pract Booty Basics 9:30PM Open Practice: After Hours		Closed