

March

2025

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1
						Closed
2	3	4	5	6	7	8
Closed	6pm Levitations 3.2		6pm Foundations 2.2	5:30pm Heel101 Series • 1	Closed	Closed
Weekly Theme: Gold/Yellow • Motivation	7:15pm Inversions5.2	6:45pm Foundations 1.4	7:15pm Levitations 4.2	6:45pm Heel Appeal BEG	Mt	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Levitations 3.3	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm ElevationsBEG		
		9pmAfterHrsOpenPrac		9pmAfterHrsOpenPrac		
			9:30pm HumpDayHappyHour! AfterHrsOpenPrac			
9	10	11	12	13	14	15
Closed	6pm Levitations 3.3	5:30pm Pop-In & Play	6pm Foundations 2.3	5:30pm Heel101 Series • 2	5:30pm Pop-In & Play	Closed
Weekly Theme: Fairies • Wonderland	7:15pm Inversions5.3	6:45pm Foundations 1.5	7:15pm Levitations 4.3	6:45pm Heel Appeal BEG	6:45pm ElevationsBEG	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Levitations 3.4	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Pop-In & Play	6:45pm Pop-In & Play	
		9pmAfterHrsOpenPrac		8pmAfterHrsOpenPrac	Gym	
			9:30pm Pop-In & Play	9pmAfterHrsOpenPrac	8:30pm PreReqPoleIntro	
			9:30pmAfterHrsOpenPrac		9:30pmAfterHrsOpenPrac	
16	17	18	19	20	21	22
Closed	6pm Levitations 3.4	5:30pm Pop-In & Play	6pm Foundations 2.4	5:30pm Heel101 Series • 3	5:30pm PreReqPoleIntro	Closed
Weekly Theme: Green • Festive	7:15pm Inversions5.4	6:45pm Foundations 1.6	7:15pm Levitations 4.4	6:45pm Heel Appeal BEG	6:45pm ElevationsBEG	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Pop-In & Play	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Workshop:CircusCity	6:45pm Pop-In & Play	
		9pmAfterHrsOpenPrac		9:30pmAfterHrsOpenPrac	Gym	
			9:30pm Pop-In & Play		8:30pm Workshop:Chair/Pole to The Weekend	
			9:30pmAfterHrsOpenPrac			
23	24	25	26	27	28	29
Closed	6pm Levitations 3.5	5:30pm Pop-In & Play	6pm Foundations 2.5	5:30pm Heel101 Series • 4	Closed	
Weekly Theme: Spring • New Beginnings	7:15pm Inversions5.5	6:45pm PreReqPoleIntro	7:15pm Levitations 4.5	6:45pm Heel Appeal BEG	State	
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	6:45pm Foundations 1.Intro	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Pop-In & Play		
		8pm Pop-In & Play		8pmAfterHrsOpenPrac		
		9pmAfterHrsOpenPrac		9pmAfterHrsOpenPrac		
		9:30pm Pop-In & Play				
		9:30pmAfterHrsOpenPrac				

April

Schedule is subject to change - Recheck regularly

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5	6
Weekly Theme: Earth • Grounded	6pm Levitations 3.6	5:30pm Liquid Motion B.1	6pm Foundations 2.6	5:30pm PreReqPoleIntro	5:30pm Pop-In & Play	Closed	
	7:15pm Inversions5.6	6:45pm Foundations 1.1	7:15pm Levitations 4.6	6:45pm Heel Appeal BEG	6:45pm Levitations 3.1		
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Belly Dance Series 1	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm ElevationsBEG	Gym		
		9:15pmAfterHrsOpenPrac		8pm Pop-In & Play	8:30pm Inversions6.1		
			9:30pm Pop-In & Play				
			9:30pmAfterHrsOpenPrac	9pmAfterHrsOpenPrac	9:30pmAfterHrsOpenPrac		
6	7	8	9	10	11	12	13
Closed	6pm Liquid Motion A.1	5:30pm Liquid Motion B.2	6pm Inversions5.1	Closed	5:30pm ElevationsINT	Closed	
Weekly Theme: Bright • Energetic	7:15pm Levitations 4.1	6:45pm Foundations 1.2	7:15pm Foundations 2.1	Kotc	5:30pm Pop-In & Play		
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Belly Dance Series 2	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm Levitations 3.2		
		9:15pmAfterHrsOpenPrac			Gym		
					8:30pm Inversions6.2		
			9:30pm Pop-In & Play		9:30pmAfterHrsOpenPrac		
			9:30pmAfterHrsOpenPrac				
13	14	15	16	17	18	19	20
Closed	6pm Liquid Motion A.2	5:30pm Liquid Motion B.3	6pm Inversions5.2	Closed	5:30pm Liquid Motion A.2	Closed	
Weekly Theme: Purple • Lively	7:15pm Levitations 4.2	6:45pm Foundations 1.3	7:15pm Foundations 2.2	Tricksters ShibariShow	5:30pm Pop-In & Play		
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Belly Dance Series 3	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)		6:45pm Levitations 3.3		
		9:15pmAfterHrsOpenPrac			Gym		
					8:30pm Inversions6.3		
			9:30pm Pop-In & Play		9:30pmAfterHrsOpenPrac		
			9:30pmAfterHrsOpenPrac				
20	21	22	23	24	25	26	27
Closed	6pm Liquid Motion A.3	5:30pm Liquid Motion B.4	Closed	5:30pm PreReqPoleIntro	5:30pm Liquid Motion A.3	Closed	
Weekly Theme: Yellow/Gold • Beams	7:15pm Levitations 4.3	6:45pm Foundations 1.4	Skate night	6:45pm Heel Appeal BEG	5:30pm Pop-In & Play		
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Belly Dance Series 4		8pm ElevationsBEG	6:45pm Levitations 3.4		
		9:15pmAfterHrsOpenPrac			8pm Pop-In & Play	Gym	
					9pmAfterHrsOpenPrac	8:30pm Inversions6.4	
					9:30pmAfterHrsOpenPrac		
27	28	29	30	1	2	3	4
Closed	6pm Liquid Motion A.4	5:30pm Liquid Motion B.5	6pm Inversions5.3				
Weekly Theme: Grey • Rain	7:15pm Levitations 4.4	6:45pm Foundations 1.5	7:15pm Foundations 2.3				
	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)	8pm Belly Dance Series 5	8:15pm-8:55 AfterHrsOpenPracMINI (40 mins)				
		9:15pmAfterHrsOpenPrac					
				9:30pm Pop-In & Play			
			9:30pmAfterHrsOpenPrac				