

October

2026

Schedule is subject to change - Recheck regularly

Open Practice is available during MOST classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
Bi-Weekly Themes: 1-15: Dark vs Light 16-31: Glow & Grim				6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	Closed
				Heel Appeal Invers/ Elevations Climb Pocket Inverts Open Practice: After Hours Open Practice: After Hours	Foundations Floor Focus: Seamless Circles Levitations + Thigh Holds & Basic Climb Open Practice: After Hours Open Practice: After Hours	
4	5	6	7	8	9	10
Closed	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	Closed	6pm 7:15PM 8:15PM 9:15PM	Closed
	Foundations Elevations Open Pract Foundations Open Pract Floor Focus: Seamless Circles Open Practice: After Hours Open Practice: After Hours	Invers/ Elevations Open Pract Thigh Grips & Descents Levitations + Open Pract Thigh Holds & Basic Climb Open Practice: After Hours Open Practice: After Hours	Levitations + Open Pract Thigh & Knee Holds & Basic Climb Invers/ Elevations Open Pract Leg Hook Inverts & Holds Open Practice: After Hours Open Practice: After Hours		Starter Staples Open Pract Levitations + Open Pract Thigh & Knee Holds & Basic Climb Open Practice: After Hours Open Practice: After Hours	
11	12	13	14	15	16	17
Closed	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	Closed	Closed
	Foundations Elevations Open Pract Foundations Open Pract Floor Focus: Base Balance Open Practice: After Hours Open Practice: After Hours	Invers/ Elevations Open Pract Knee Pit Inverts Levitations + Open Pract Thigh & Knee Holds & Basic Climb Open Practice: After Hours Open Practice: After Hours	Expressions Open Pract Invers/ Elevations Open Pract Climb Pocket Inverts Open Practice: After Hours Open Practice: After Hours	Heel101 Open Pract Invers/ Elevations Open Pract Thigh Grips & Descents Open Practice: After Hours Open Practice: After Hours		
18	19	20	21	22	23	24
Closed	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	6-8pm 8pm 9pm	Closed
Slay to Spin Spirit Week	Starter Staples Open Pract Foundations Open Pract Floor Focus: Seamless Travel Open Practice: After Hours Open Practice: After Hours	Invers/ Elevations Open Pract Forearms & Inner Thigh Inverts Levitations + Open Pract Thigh & Knee Holds & Forearm Climb Open Practice: After Hours	Levitations + Open Pract Knee, Thighs & Elbow Holds & Spin Speed Invers/ Elevations Open Pract Thigh Grips & Descents Open Practice: After Hours Open Practice: After Hours	Heel Appeal Open Pract Invers/ Elevations Open Pract Knee Pit Inverts Open Practice: After Hours Open Practice: After Hours	Workshop Open Pract Circus City Open Pract Open Practice: After Hours Open Practice: After Hours	
25	26	27	28	29	30	31
Closed	6pm 7:15PM 8:15PM 9:15PM	6-7:30p 7:45PM 9pm	6-9pm 9pm	6pm 7:15PM 8:15PM 9:15PM	6pm 7:15PM 8:15PM 9:15PM	Closed
	Foundations Elevations Open Pract Foundations Open Pract Floor Focus: Shifts & Extensions Open Practice: After Hours Open Practice: After Hours	Workshop Open Pract Twerk Lab: Basics & Formations Levitations + Open Pract Knee, Thighs & Elbow Holds & Spin Speed Open Practice: After Hours	Workshop Open Pract Paint a Pumpkin Open Pract Open Practice: After Hours	Heel Appeal Open Pract Invers/ Elevations Open Pract Forearms & Inner Thigh Inverts Open Practice: After Hours Open Practice: After Hours	Foundations Open Pract Floor Focus: Base Balance Levitations + Open Pract Thigh & Knee Holds & Forearm Climb Open Practice: After Hours Open Practice: After Hours	

November

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SUNDAY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY
1	2			3			4			5			6			7
Bi-Weekly Themes: 1-15: Earth & Sky 16-31: Flannel & Nets	6pm	Foundations Elevations	Open Pract	6pm	Invers/ Elevations	Open Pract	6pm	Starter Staples	Open Pract	Closed			Closed			Closed
	7:15PM	Foundations	Open Pract		Leg Hook Inverts & Holds		7:15PM	Invers/ Elevations	Open Pract							
	8:15PM	Base Balance Stands & Anchors		7:15PM	Levitations + Elevations	Open Pract	8:15PM	Knee Pit Inverts								
	9:15PM	Open Practice: After Hours		8:15PM	Thigh Holds & Basic Climb		9:15PM	Open Practice: After Hours								
		Open Practice: After Hours		9:15PM	Open Practice: After Hours											
8	9			10			11			12			13			14
Closed	6pm	Starter Staples	Open Pract	7:45PM	Invers/ Elevations	Open Pract	6pm	Levitations + Elevations	Open Pract	6pm	Heel Appeal	Open Pract	6pm	Foundations	Open Pract	Closed
	7:15PM	Foundations	Open Pract		Climb Pocket Inverts		7:15PM	Thigh & Knee Holds & Basic Climb		7:15PM	Invers/ Elevations	Open Pract	7:15PM	Floor Focus: Seamless Travel		
	8:15PM	Activation & Anchors		8:45PM	Open Practice: After Hours		8:15PM	Invers/ Elevations	Open Pract	8:15PM	Leg Hook Inverts & Holds		8:15PM	Levitations + Elevations	Open Pract	
	9:15PM	Open Practice: After Hours					9:15PM	Forearms & Inner Thigh Inverts		9:15PM	Open Practice: After Hours		9:15PM	Thigh & Knee Holds & Forearm Climb		
		Open Practice: After Hours						Open Practice: After Hours			Open Practice: After Hours		9:15PM	Open Practice: After Hours		
15	16			17			18			19			20			21
Closed	6pm	Foundations Elevations	Open Pract	7:45PM	Invers/ Elevations	Open Pract	6pm	Heel Appeal	Open Pract	Closed			6pm	Foundations	Open Pract	Closed
	7:15PM	Foundations	Open Pract		Thigh Grips & Descents		7:15PM	Invers/ Elevations	Open Pract				7:15PM	Floor Focus: Shifts & Extensions		
	8:15PM	Pelvis & Spine Articulation		8:45PM	Open Practice: After Hours		8:15PM	Leg Hook Inverts & Holds					8:15PM	Levitations + Elevations	Open Pract	
	9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours					9:15PM	Knee, Thighs & Elbow Holds & SpinSpeed		
		Open Practice: After Hours						Open Practice: After Hours						Open Practice: After Hours		
22	23			24			25			26			27			28
Closed	6pm	Expressions	Open Pract	6-7:30p	Workshop	Open Pract	6pm	Heel Appeal	Open Pract	Closed			6pm	Starter Staples	Open Pract	Closed
	7:15PM	Foundations	Open Pract		Twerk Lab: Basics & Formations		7:15PM	Invers/ Elevations	Open Pract				7:15PM	Levitations + Elevations	Open Pract	
	8:15PM	FloorF: Shoulder Support & Activation		7:45PM	Invers/ Elevations	Open Pract	8:15PM	Climb Pocket Inverts					8:15PM	Thigh Holds & Basic Climb		
	9:15PM	Open Practice: After Hours			Knee Pit Inverts		9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours		
		Open Practice: After Hours		9pm	Open Practice: After Hours			Open Practice: After Hours						Open Practice: After Hours		
	Spirit Week			Spirit Week			Spirit Week			Thanksgiving			Spirit Week			
29	30			1			2			3			4			5
Closed	6pm	Foundations Elevations	Open Pract													Closed
	7:15PM	Foundations	Open Pract													
	8:15PM	Anchors & Activation														
	9:15PM	Open Practice: After Hours														
		Open Practice: After Hours														

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4	5	6	7	8	9	10
Closed	6pm Foundations Elevations Open Pract 7:15PM Foundations Open Pract Floor Focus: Seamless Circles 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6pm Invers/ Elevations Open Pract Thigh Grips & Descents 7:15PM Levitations + Elevations Open Pract Thigh Holds & Basic Climb 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6pm Levitations + Elevations Open Pract Thigh & Knee Holds & Basic Climb 7:15PM Invers/ Elevations Open Pract Leg Hook Inverts & Holds 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	Closed	6pm Starter Staples Open Pract 7:15PM Levitations + Elevations Open Pract Thigh & Knee Holds & Basic Climb 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	Closed
11	12	13	14	15	16	17
Closed	6pm Foundations Elevations Open Pract 7:15PM Foundations Open Pract Floor Focus: Base Balance 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6pm Invers/ Elevations Open Pract Knee Pit Inverts 7:15PM Levitations + Elevations Open Pract Thigh & Knee Holds & Basic Climb 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6pm Expressions Open Pract 7:15PM Invers/ Elevations Open Pract Climb Pocket Inverts 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6pm Heel101 Open Pract 7:15PM Invers/ Elevations Open Pract Thigh Grips & Descents 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	Closed	Closed
18	19	20	21	22	23	24
Closed Slay to Spin Spirit Week	6pm Starter Staples Open Pract 7:15PM Foundations Open Pract Floor Focus: Seamless Travel 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours Spirit Week	6pm Invers/ Elevations Open Pract Forearms & Inner Thigh Inverts 7:15PM Levitations + Elevations Open Pract Thigh & Knee Holds & Forearm Climb 8:15PM Open Practice: After Hours Spirit Week	6pm Levitations + Elevations Open Pract Knee, Thighs & Elbow Holds & Spin Speed 7:15PM Invers/ Elevations Open Pract Thigh Grips & Descents 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours Spirit Week	6pm Heel Appeal Open Pract 7:15PM Invers/ Elevations Open Pract Knee Pit Inverts 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours Spirit Week	6-8pm Workshop Open Pract Circus City Open Pract 8pm Open Practice: After Hours 9pm Open Practice: After Hours Spirit Week	Closed
25	26	27	28	29	30	31
Closed	6pm Foundations Elevations Open Pract 7:15PM Foundations Open Pract Floor Focus: Shifts & Extensions 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6-7:30p Workshop Open Pract Twerk Lab: Basics & Formations 7:45PM Levitations + Elevations Open Pract Knee, Thighs & Elbow Holds & Spin Speed 9pm Open Practice: After Hours	6-9pm Workshop Open Pract Paint a Pumpkin Open Pract Open Pract 9pm Open Practice: After Hours	6pm Heel Appeal Open Pract 7:15PM Invers/ Elevations Open Pract Forearms & Inner Thigh Inverts 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	6pm Foundations Open Pract Floor Focus: Base Balance 7:15PM Levitations + Elevations Open Pract Thigh & Knee Holds & Forearm Climb 8:15PM Open Practice: After Hours 9:15PM Open Practice: After Hours	Closed

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1	2			3			4			5			6			7											
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	7:15PM	Foundations	Open Pract	7:15PM Levitations + Elevations Open Pract			7:15PM	Invers/ Elevations	Open Pract																		
	8:15PM Open Practice: After Hours						8:15PM Open Practice: After Hours																				
	9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours																			
8	9			10			11			12			13			14											
Closed	6pm	Starter Staples	Open Pract	7:45PM	Invers/ Elevations	Open Pract	6pm	Levitations + Elevations	Open Pract	6pm	Heel Appeal	Open Pract	6pm	Foundations	Open Pract	Closed											
	7:15PM	Foundations	Open Pract	8:45PM Open Practice: After Hours			7:15PM	Invers/ Elevations	Open Pract	7:15PM	Invers/ Elevations	Open Pract	7:15PM	Floor Focus: Seamless Travel													
	8:15PM Open Practice: After Hours						8:15PM Open Practice: After Hours			8:15PM	Open Practice: After Hours		8:15PM	Levitations + Elevations	Open Pract												
	9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours		9:15PM	Open Practice: After Hours		9:15PM	Thigh & Knee Holds & Forearm Climb													
15	16			17			18			19			20			21											
Closed	6pm	Foundations Elevations	Open Pract	7:45PM	Invers/ Elevations	Open Pract	6pm	Heel Appeal	Open Pract	Closed			6pm	Foundations	Open Pract	Closed											
	7:15PM	Foundations	Open Pract	8:45PM Open Practice: After Hours			7:15PM	Invers/ Elevations	Open Pract				7:15PM	Floor Focus: Shifts & Extensions													
	8:15PM Open Practice: After Hours						8:15PM Open Practice: After Hours						8:15PM	Levitations + Elevations	Open Pract												
	9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours					9:15PM	Knee, Thighs & Elbow Holds & SpinSpeed													
22	23			24			25			26			27			28											
Closed Slay to Spin Spirit Week	6pm	Expressions	Open Pract	6-7:30p	Workshop	Open Pract	6pm	Heel Appeal	Open Pract	Closed Thanksgiving			6pm	Starter Staples	Open Pract	Closed											
	7:15PM	Foundations	Open Pract	7:45PM Invers/ Elevations Open Pract			7:15PM	Invers/ Elevations	Open Pract				7:15PM	Levitations + Elevations	Open Pract												
	8:15PM Open Practice: After Hours						8:15PM Open Practice: After Hours						8:15PM	Thigh Holds & Basic Climb													
	9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours					9:15PM	Open Practice: After Hours													
29	30			1			2			3			4			5											
Closed	6pm	Foundations Elevations	Open Pract													Closed											
	7:15PM	Foundations	Open Pract																								
	8:15PM Open Practice: After Hours																										
	9:15PM	Open Practice: After Hours																									