



Class Schedule

August 14th – September 16th

Mondays

6:00 – 7:00 pm Level 1 Pole Fitness*
7:00 – 8:00 pm Level 2 Pole Fitness*
8:00 – 9:00 pm Beginner Circuit

Tuesdays

6:00 – 7:00 pm Barre
7:00 – 8:00 pm Level 5/6 Pole Fitness
7:00 – 8:00 pm Level 3/4 Pole Fitness
8:00 – 9:00 pm Beginner Stretch

Wednesday

6:00 – 7:00 pm Pole Art
7:00 – 8:00 pm Level 5/6 Pole Fitness
8:00 – 9:00 pm Advanced Stretch
8:00 – 9:00 pm Level 3/4 Pole Fitness

Thursdays

6:00 – 7:00 pm Level 1 Pole Fitness
7:00 – 8:00 pm Barre
8:00 – 9:00 pm Level 2 Pole Fitness

Sundays

10:00 am – 11:00 am Barre
11:00 am – 12:00 pm Open Pole
12:00 pm – 1:00 pm Open Pole

Introduction to Pole Fitness

Friday, August 12th @ 6:00 pm

All levelled pole classes are 4 weeks in length.

Open Pole, Barre, Stretch, and Circuit classes are scheduled on a drop-in basis.

Embrace will be closed on the following dates:

Monday, September 5th Labour Day

September 7th – 12th Pole Expo

* Make up class for Monday students on Tuesday

September 13th at the regularly scheduled time*

Register online at www.embracepoleart.com or email lauren@embracepoleart.com