



## Class Schedule

August 27, 2017 – September 23, 2017

### **Mondays** (No class on Sep. 4)

6:00 – 7:00 pm [Beginner Stretch](#)  
6:00 – 7:00 pm [Competition Practice](#)  
7:00 – 8:00 pm [Level 3 Pole Fitness](#)  
7:00 – 8:00 pm [Level 5 Pole Fitness](#)  
8:00 – 9:00 pm [Pole Calisthenics](#)

### **Tuesdays**

6:00 – 7:00 pm [Level 1 Pole Fitness](#)  
6:00 – 7:00 pm [Level 2 Pole Fitness](#)  
7:00 – 8:00 pm [Level 6/7 Pole Fitness](#)  
7:00 – 8:00 pm [Level 4 Pole Fitness](#)  
8:00 – 9:00 pm [Handstands and Balancing](#)

### **Wednesday**

6:00 – 7:00 pm [Static Flow](#)  
7:00 – 8:00 pm [Level 2 Pole Fitness](#)  
7:00 – 8:00 pm [Level 6/7 Pole Fitness](#)  
8:00 – 9:00 pm [Advanced Stretch](#)  
8:00 – 9:00 pm [Competition Practice](#)

### **Thursdays**

6:00 – 7:00 pm [Level 4 Pole Fitness](#)  
6:00 – 7:00 pm [Level 5 Pole Fitness](#)  
7:00 – 8:00 pm [Barre](#)  
8:00 – 9:00 pm [Level 1 Pole Fitness](#)

### **Fridays**

6:00 – 7:00 pm [Open Pole Practice](#)  
7:00 – 8:00 pm [Level 4 Pole Fitness](#)

### **Sundays** (No Class on Sep. 3)

10:00 – 11:00 am [Barre](#)  
11:00 am – 12:00 pm [Open Pole Practice](#)  
12:00 – 1:00 pm [Open Pole Practice](#)  
1:00 – 2:00 pm [Level 1 Pole Fitness](#)  
1:00 – 2:00 pm [Level 2 Pole Fitness](#)

### **Workshops and Events**

[Intro to Handstands – Sep. 1 @ 6:00 pm](#)  
[Drops, Drops, Drops! – Sep. 8 @ 6:00 pm](#)  
[FREE Intro to Pole Fitness – Sep. 17 @ 2:00 pm](#)

*\*Embrace will be closed September 2-4 for the Labour Day long weekend\**

[Drop-In Class](#)

[Registered Class](#)

Register online at [www.embracepoleart.com](http://www.embracepoleart.com) or email [lauren@embracepoleart.com](mailto:lauren@embracepoleart.com)



## Class Schedule

September 24, 2017 – October 21, 2017

### **Mondays** (No class on Oct. 9)

6:00 – 7:00 pm [Beginner Stretch](#)  
6:00 – 7:00 pm [Competition Practice](#)  
7:00 – 8:00 pm [Level 3 Pole Fitness](#)  
7:00 – 8:00 pm [Level 5 Pole Fitness](#)  
8:00 – 9:00 pm [Pole Calisthenics](#)

### **Tuesdays**

6:00 – 7:00 pm [Pole Art](#)  
7:00 – 8:00 pm [Level 6/7 Pole Fitness](#)  
7:00 – 8:00 pm [Level 4 Pole Fitness](#)  
8:00 – 9:00 pm [Handstands and Balancing](#)

### **Wednesday**

6:00 – 7:00 pm [Level 1 Pole Fitness](#)  
6:00 – 7:00 pm [Level 2 Pole Fitness](#)  
7:00 – 8:00 pm [Level 6/7 Pole Fitness](#)  
8:00 – 9:00 pm [Advanced Stretch](#)  
8:00 – 9:00 pm [Competition Practice](#)

### **Thursdays**

6:00 – 7:00 pm [Level 4 Pole Fitness](#)  
6:00 – 7:00 pm [Level 5 Pole Fitness](#)  
7:00 – 8:00 pm [Barre](#)  
8:00 – 9:00 pm [Level 2 Pole Fitness](#)

### **Fridays**

6:00 – 7:00 pm [Open Pole Practice](#)  
7:00 – 8:00 pm [Level 4 Pole Fitness](#)

### **Sundays**

10:00 – 11:00 am [Barre](#)  
11:00 am – 12:00 pm [Open Pole Practice](#)  
12:00 – 1:00 pm [Open Pole Practice](#)  
1:00 – 2:00 pm [Level 1 Pole Fitness](#)  
1:00 – 2:00 pm [Level 2 Pole Fitness](#)

### **Workshops and Events**

[Intro to Handstands – Sep. 29 @ 6:00 pm](#)

[FREE Intro to Pole Fitness – Oct. 15 @ 2:00 pm](#)

*\*Embrace will be closed on October 9 for Thanksgiving \**

*Drop-In Class*

*Registered Class*

Register online at [www.embracepoleart.com](http://www.embracepoleart.com) or email [lauren@embracepoleart.com](mailto:lauren@embracepoleart.com)