



Class Schedule

April 28 – May 25

Monday (no class on May 20)

- 6:00 – 7:00 pm [Level 3 Pole Fitness](#)
- 7:00- 8:00 pm [Level 4 Pole Fitness](#)
- 7:00 – 8:00 pm [Level 5 Pole Fitness](#)
- 7:00 – 8:00 pm [Level 6 Pole Fitness](#)
- 8:00 – 9:00pm [Handstands and Balancing*](#)
- 8:00 – 9:00 pm [Competition Practice](#)

Tuesday

- 6:00 – 7:00 pm [Intermediate Pole Combos](#)
- 7:00 – 8:00 pm [Dancer's Stretch and Strength](#)
- 8:00 - 9:00pm [Level 2 Pole Fitness](#)
- 8:00 – 9:00 pm [Level 3 Pole Fitness](#)

Wednesday

- 6:00 – 7:00 pm [Level 1 Pole Fitness](#)
- 6:00 – 7:00 pm [Level 4 Pole Fitness](#)
- 7:00 – 8:00 pm [Level 6/7 Pole Fitness](#)
- 8:00 – 9:00 pm [All Levels Stretch](#)

FREE Intro to Pole Fitness

[Sunday, May 5 @ 2:00 pm](#)

*cancelled on May 6

[Drop-In/Registered Session/Intro Class](#)

Thursday

- 6:00 – 7:00 pm [Pole Theatre Canada Choreography](#)
- 7:00 – 8:00 pm [Barre](#)
- 8:00 – 9:00 pm [Level 5 Pole Fitness](#)
- 8:00 – 9:00 pm [Competition Practice](#)

Friday

- 6:00 – 7:00 pm [Beginner Heels Choreography](#)

Saturday

- 11:00 am - 12:00 pm [Level 2 Pole Fitness](#)
- 11:00 am - 12:00 pm [Competition Practice](#)
- 12:00 – 1:00 pm [Pole Boot Camp](#)

Sunday

- 11:00 – 12:00 pm [Open Pole Practice](#)
- 12:00 – 1:00 pm [Open Pole Practice](#)

Pole Labs & Events

Sun. May 12 @ 1:00 pm – [Bring Your Mom to Pole Intro Class](#)

Sun. May 5 @ 1:00 pm – [Pole Art Choreo. Pole Lab](#)

Mon. May 6 @ 8:00 pm – [Russian Exotic Pole Lab](#)

Sun. May 19 @ 1:00 pm – [Tidying Up Pole Lab](#)