



Class Schedule

December 1 – December 21

Class Schedule is subject to change. Please refer to ScheduleHouse for the most up to date schedule

Monday

- 6:00 – 7:00 pm [Level 3 Pole Fitness](#)
- 6:00 – 7:00 pm [Level 4 Pole Fitness](#)
- 7:00 – 8:00 pm [Level 5 Pole Fitness](#)
- 7:00 – 8:00 pm [Level 6/7 Pole Fitness](#)
- 8:00 – 9:00pm [All Levels Stretch](#)

Tuesday

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

Wednesday

- 6:00 – 7:00 pm [Handstands and Balancing / Handstand Basics](#)
- 6:00 – 7:00 pm [Competition Practice](#)
- 7:00 – 8:00 pm [Level 6 Pole Fitness](#)
- 7:00 – 8:00 pm [Level 7 Pole Fitness](#)
- 8:00 – 9:00 pm [Level 3 Pole Fitness](#)

Thursday

- 6:00 – 7:00 pm [Dancer's Stretch & Strength \(Dec. 5 and 19\)](#)
- 6:00 – 7:00 pm [Basic Bitch Twerk \(Dec. 12\)](#)
- 7:00 – 8:00 pm [Pole Art Choreography](#)
- 8:00 – 9:00 pm [Level 1 Pole Fitness](#)

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](#)
- 1:00 – 2:00 pm [Level 2 Pole Fitness](#)

Workshops/Events

Dec. 7 @ 2:00 pm - Embrace Christmas Party and Student Showcase

Dec. 8 – Classic Rockxotic Workshops with Jenna Ellissa

Level 1 @ 2:00 pm

Level 2 @ 3:45 pm

Dec. 13 @ 7:00 pm – Christmas Burlesque Workshop

Dec. 22 – Jan. 5 – Christmas Camp