



Virtual Class Schedule April

Tuesday, April 21

6:00 – 7:00 pm [Intermediate Pole](#)

7:00 – 7:45 pm [Stretch](#)

Thursday, April 23

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

7:00 – 8:00 pm [Advanced Pole](#)

Friday, April 24

7:00 – 7:45 pm [Handstand Basics](#)

Saturday, April 25

10:00 – 10:45 am [Restorative Stretch](#)

Monday, April 27

6:00 – 7:00 pm [Contemporary Pole](#)

7:00 – 7:45 pm [Barre](#)

Tuesday, April 28

6:00 – 7:00 pm [Advanced Pole](#)

Wednesday, April 29

12:00 – 12:45 pm [Stretch](#)

Thursday, April 30

6:00 – 7:00 pm [Intermediate Pole](#)

[Paid Pole Class](#)

[Donation Based Class](#)

Schedule is subject to change. Please refer to the ScheduleHouse or mobile app for the most current schedule

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