



Class Schedule

July 13 – August 9

Monday

6:00 – 7:00 pm Level 6/7 Pole Fitness
7:15 – 8:15 pm All Levels Stretch
7:15 – 8:15 pm Virtual All Levels Stretch
8:30 – 9:30pm Level 4 Pole Fitness

Tuesday

4:00 – 5:00 pm Open Pole Practice
5:15 – 6:15 pm Int-Adv Exotic Pole
6:30 – 7:30 pm Level 4 Pole Fitness
7:45 – 8:45 pm Beginner Heels

Wednesday

6:00 – 7:00 pm Level 3 Pole Fitness
7:15 – 8:15 pm Pole Conditioning (Jul. 15 & 22)
7:15 – 8:15 pm Barre (Jul. 29 & Aug. 5)
7:15 – 8:15 pm Virtual Barre (Jul. 29 & Aug. 5)
8:30 – 9:30 pm Level 1 Pole Fitness

Thursday

5:45 – 6:45 pm Level 5 Pole Fitness
7:00 – 8:00 pm Level 6/7 Pole Fitness
8:15 – 9:15 pm Level 2 Pole Fitness

Friday

6:00 – 7:00 pm Level 2 Pole Fitness

Sunday

10:00 – 11:00 am Open Pole Practice
11:15 am – 12:15 pm Open Pole Practice
12:30 – 1:30 pm Level 5/6 Pole Fitness
1:45 – 2:45 pm Level 4 Pole Fitness
4:30 – 5:30 pm Virtual Handstands & Conditioning

Events

Monday, July 27 @ 6:00 pm – Outdoor Pole Conditioning

Important Dates

August 1-3 – Embrace Closed for the August Long Weekend

Drop-In Class

3 or 4-Week Series

Virtual Drop-In class



Class Schedule

Aug. 10 – Sep. 7

Monday

6:00 – 7:00 pm Level 6/7 Pole Fitness
7:15 – 8:15 pm All Levels Stretch
8:30 – 9:30pm Level 4 Pole Fitness

Tuesday

4:45 – 5:45 pm Open Pole Practice
6:00 – 7:00 pm Level 5/6 Pole Fitness
7:15 – 8:15 pm Level 4 Pole Fitness
8:30 – 9:30 pm Pole Flow

Wednesday

4:45 – 5:45 pm Level 4/5 Pole Fitness
6:00 – 7:00 pm Level 3 Pole Fitness
7:15 – 8:15 pm Barre
8:30 – 9:30 pm Level 1 Pole Fitness

Thursday

5:45 – 6:45 pm Russian Exotic Series
7:00 – 8:00 pm Level 6/7 Pole Fitness
8:15 – 9:15 pm Level 2 Pole Fitness

Friday

6:00 – 7:00 pm Level 2 Pole Fitness

Sunday

10:00 – 11:00 am Open Pole Practice
11:15 am – 12:15 pm Open Pole Practice

Events

Sunday, August 16 @ 12:30 pm – Pole Lab: Spinning Pole Combos

Sunday, August 30 @ 12:30 pm – Pole Lab: Pole Conditioning

Important Dates

September 5-7 – Embrace Closed for the September Long Weekend

Drop-In Class

3 or 4-Week Series

Virtual Drop-In class