

**Monday**

6:00 – 7:00 pm Level 6/7 Pole Fitness

7:15 – 8:15 pm All Levels Stretch

8:30 – 9:30pm Level 5 Pole Fitness

**Tuesday**

6:00 – 7:00 pm Level 4 Pole Fitness

7:15 – 8:15 pm Heels Technique

8:30 – 9:30 pm Level 5/6 Pole Fitness

**Wednesday**

4:45 – 5:45 pm Open Pole Practice

6:00 – 7:00 pm Level 3 Pole Fitness

7:15 – 8:15 pm Level 1 Pole Fitness

8:30 – 9:30 pm Level 2 Pole Fitness

**Thursday**

5:45 – 6:45 pm Level 6/7 Pole Fitness

7:00 – 8:00 pm Handstands (Nov. 5 & 19)

7:00 – 8:00 pm Polestands (Nov. 12 & 26)

8:15 – 9:15 pm Level 3 Pole Fitness

Drop-In Class / 3 or 4-Week Series

**Class Schedule**

**Nov. 2 – Nov. 29**

**Friday**

6:00 – 7:00 pm Pole Art Choreo (Nov. 6)

6:00 – 7:00 pm Heels Flow (Nov. 13)

6:00 – 7:00 pm Basic Slow Flow (Nov. 20)

7:15 – 8:15 pm Open Pole Practice

**Sunday**

10:00 – 11:00 am Open Pole Practice

11:15 am – 12:15 pm Level 5 Pole Fitness

12:30 – 1:30 pm Level 4 Pole Fitness

1:45 – 2:45 pm Level 2 Pole Fitness

3:00 – 4:00 pm Level 1 Pole Fitness

**Events**

Friday, Nov. 27 @ 6:00 pm – Intro to Pole Fitness

Saturday, Nov. 14 @ 11:00 am – Exotic Flowshop with Onyx

Saturday, Nov. 14 @ 12:45 pm – Twerkshop with Onyx

**Important Dates**

**Nov. 11 – Embrace Closed for Remembrance Day**

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



**Monday**

6:00 – 7:00 pm Level 6/7 Pole Fitness

7:15 – 8:15 pm All Levels Stretch

8:30 – 9:30pm Level 5 Pole Fitness

**Tuesday**

6:00 – 7:00 pm Level 4 Pole Fitness

7:15 – 8:15 pm Barre

8:30 – 9:30 pm Level 5/6 Pole Fitness

**Wednesday**

4:45 – 5:45 pm Open Pole Practice

6:00 – 7:00 pm Level 3 Pole Fitness

7:15 – 8:15 pm Level 1 Pole Fitness

8:30 – 9:30 pm Level 2 Pole Fitness

**Thursday**

5:45 – 6:45 pm Level 6/7 Pole Fitness

7:00 – 8:00 pm Handstands (Dec. 3 & 17)

7:00 – 8:00 pm Polestands (Dec. 10)

8:15 – 9:15 pm Level 3 Pole Fitness

Drop-In Class / 3 or 4-Week Series

**Class Schedule**

**Nov. 30 – Dec. 23**

**Friday**

6:00 – 7:00 pm Basic B\*\*\*\* Twerk (Dec. 4)

6:00 – 7:00 pm Heels Flow (Dec. 11)

6:00 – 7:00 pm Christmas Choreo (Dec. 18)

7:15 – 8:15 pm Open Pole Practice

**Sunday**

10:00 – 11:00 am Open Pole Practice

11:15 am – 12:15 pm Level 5 Pole Fitness

12:30 – 1:30 pm Level 4 Pole Fitness

1:45 – 2:45 pm Level 2 Pole Fitness

3:00 – 4:00 pm Level 1 Pole Fitness

**Important Dates**

**Dec. 24-27 Embrace Closed for Christmas Break**

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