



Class Schedule

Welcome Back Camp!

June 10 – 20, 2021

Thursday, June 10

7:00 – 8:00 pm [Open Pole Practice](#)

Friday, June 11

6:00 – 7:00 pm [Open Pole Practice](#)

Saturday, June 12

10:00 – 11:00 am [Open Pole Practice](#)

Sunday, June 13

12:15 – 1:15 pm [Work It Out!](#)

1:30 – 2:30 pm [Open Pole Practice](#)

Monday, June 14

6:00 – 7:00 pm [Twerk Out](#)

7:15 – 8:15 pm [All Levels Stretch](#)

8:30 – 9:30 pm [Intermediate Pole Refresher](#)

Tuesday, June 15

5:00 – 6:00 pm [Booty Bootcamp](#)

6:45 – 7:45 pm [Spinning Pole Refresher](#)

8:00 – 9:00 pm [Heels Technique](#)

Wednesday, June 16

6:00 – 7:00 pm [Beginner Pole Refresher](#)

7:15 – 8:15 pm [Intro to Pole Fitness](#)

8:30 – 9:30 pm [Handstand Drills & Conditioning](#)

Thursday, June 17

6:00 – 7:00 pm [Base Camp – Polestands &](#)

[Low Flow Tricks](#)

7:15 – 8:15 pm [Advanced Pole Refresher](#)

8:30 – 9:30 pm [KARMA CLASS](#)

[Heels Choreography](#)

Friday, June 18

6:00 – 7:00 pm [Open Pole Practice](#)

Saturday, June 19

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

Sunday, June 20

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

12:15 – 1:15 pm [Work It Out!](#)

1:30 – 2:30 pm [Intro to Pole Fitness](#)

[Drop-In Class](#) – [Karma Class](#) – [Registered Pole Session](#)



Class Schedule

June 21 – July 18, 2021

Mondays

4:45 – 5:45 pm [Open Pole Practice](#)
6:00 – 7:00 pm [Level 5/6 Pole Fitness](#)
7:15 – 8:15 pm [All Levels Stretch](#)
8:30 – 9:30 pm [Level 1 Pole Fitness](#)

Tuesdays

5:00 – 6:00 pm [Level 3 Pole Fitness](#)
6:15 – 7:15 pm [Level 4 Pole Fitness](#)
7:30 – 8:30 pm [Beginner Heels](#)
8:45 – 9:45 pm [Level 5 Pole Fitness](#)

Wednesdays

6:00 – 7:00 pm [Level 1 Pole Fitness](#)
7:15 – 8:15 pm [Level 2 Pole Fitness](#)
8:30 – 9:30 pm [Level 3 Pole Fitness](#)

Thursdays

5:30 – 6:30 pm [Int. - Advanced Heels](#)
6:45 – 7:45 pm [Level 6/7 Pole Fitness](#)
8:00 – 9:00 pm [Level 4 Pole Fitness](#)

Fridays

June 25 @ 6:30 pm [Beginner Handstands](#)
June 25 @ 7:45 pm [Open Pole Practice](#)
July 9 @ 6:00 pm [Pole Lab](#)
[Pole Art Choreography](#)
July 16 @ 6:30 pm [Beginner Handstands](#)
July 16 @ 7:45 pm [Open Pole Practice](#)

Saturdays

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

Sundays

11:00 am – 12:00 pm [Open Pole Practice](#)
12:15 – 1:15 pm [Work It Out!](#)
1:30 – 2:30 pm [Level 1 Pole Fitness](#)

Important Dates

July 1 – Canada Day (Embrace Closed)
July 2-4 – July Long Weekend (No regular classes)

[Drop-In Class](#) – [Karma Class](#) – [Registered Pole Session](#)