

# September 2023

INDICATES BEGINNER LEVEL COURSES

INDICATES CHOREOGRAPHY CLASSES

INDICATES SPECIAL EVENTS

INDICATES KIDS CLASSES

INDICATES OPEN PRACTICE SESSIONS

| Sunday                                                | Monday                                                                            | Tuesday                                                                                                   | Wednesday                                                                             | Thursday                                                                 | Friday                                                          | Saturday                                         |
|-------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------|
|                                                       |                                                                                   |                                                                                                           |                                                                                       |                                                                          | 01                                                              | 02                                               |
|                                                       |                                                                                   |                                                                                                           |                                                                                       |                                                                          | 5:30 PM LYRA I F                                                | LABOR DAY WEEKEND: NO CLASSES                    |
| 03                                                    | 04                                                                                | 05                                                                                                        | 06                                                                                    | 07                                                                       | 08                                                              | 09                                               |
| LABOR DAY WEEKEND: NO CLASSES                         | LABOR DAY WEEKEND: NO CLASSES                                                     | 4:30 PM CHOREO: BURLESQUE OPEN LEVEL F<br>5:40 PM KIDS AERIAL II B                                        | 4:45 PM KIDS AERIAL I F                                                               | 4:20 PM KIDS AERIAL II F                                                 | 5:30 PM LYRA I F                                                | 10:00 AM KIDS AERIAL I F                         |
|                                                       |                                                                                   | 5:40 PM CHOREO: POLE I A<br>6:50 PM CHOREO: LYRA II/III F                                                 | 6:00 PM OPEN PRACTICE A<br>6:00 PM AERIAL I B                                         | 5:30 PM KIDS AERIAL I A<br>6:00 PM CHOREO: SILKS II/III B                | 6:40 PM POLE I A<br>6:40 PM OPEN PRACTICE B                     | 11:10 AM SILKS I B<br>1:00 PM HIP HOP WORKSHOP C |
|                                                       |                                                                                   | 8:00 PM SILKS I A<br>8:00 PM OPEN PRACTICE B                                                              | 7:10 PM CHOREO: POLE II HEELS A<br>7:10 PM OPEN PRACTICE B                            | 6:45 PM CHOREO: BURLESQUE OPEN LEVEL A                                   | 7:50 PM POLE II: HEEL BASICS A<br>7:50 PM OPEN PRACTICE B       |                                                  |
| 10                                                    | 11                                                                                | 12                                                                                                        | 13                                                                                    | 14                                                                       | 15                                                              | 16                                               |
| 2:00 PM POLE I A<br>2:00 PM OPEN PRACTICE B           | 4:45 PM AERIAL II F<br>6:00 PM CHOREO: POLE I A<br>6:00 PM CHOREO: SILKS II/III B | 4:30 PM CHOREO: BURLESQUE OPEN LEVEL F<br>5:40 PM KIDS AERIAL II B                                        | 4:45 PM KIDS AERIAL I F<br>6:00 PM AERIAL I B                                         | 4:20 PM KIDS AERIAL II F<br>5:30 PM KIDS AERIAL I A                      | 5:30 PM LYRA I F<br>6:40 PM POLE I A<br>6:40 PM OPEN PRACTICE B | 10:00 AM KIDS AERIAL I F<br>11:10 AM SILKS I B   |
| 3:10 PM POLE II A<br>3:10 PM OPEN PRACTICE B          | 7:10 PM POLE III A<br>7:10 PM SILKS II/III B                                      | 5:40 PM CHOREO: POLE I A<br>6:50 PM CHOREO: LYRA II/III F<br>8:00 PM SILKS I A<br>8:00 PM OPEN PRACTICE B | 6:00 PM OPEN PRACTICE A<br>7:10 PM CHOREO: POLE II HEELS A<br>7:10 PM OPEN PRACTICE B | 6:00 PM CHOREO: SILKS II/III B<br>6:45 PM CHOREO: BURLESQUE OPEN LEVEL A | 7:50 PM POLE II: HEEL BASICS A<br>7:50 PM OPEN PRACTICE B       |                                                  |
| 4:20 PM CHOREO: POLE III A<br>4:20 PM OPEN PRACTICE B |                                                                                   |                                                                                                           |                                                                                       |                                                                          |                                                                 |                                                  |
| 17                                                    | 18                                                                                | 19                                                                                                        | 20                                                                                    | 21                                                                       | 22                                                              | 23                                               |
| 2:00 PM POLE I A<br>2:00 PM OPEN PRACTICE B           | 4:45 PM AERIAL II F<br>6:00 PM CHOREO: POLE I A<br>6:00 PM CHOREO: SILKS II/III B | 4:30 PM CHOREO: BURLESQUE OPEN LEVEL F<br>5:40 PM KIDS AERIAL II B                                        | 4:45 PM KIDS AERIAL I F                                                               | 4:20 PM KIDS AERIAL II F<br>5:30 PM KIDS AERIAL I A                      |                                                                 | 10:00 AM KIDS AERIAL I F<br>11:15 AM SILKS I B   |
| 3:10 PM POLE II A<br>3:10 PM OPEN PRACTICE B          | 6:00 PM CHOREO: POLE I A<br>6:00 PM CHOREO: SILKS II/III B                        | 5:40 PM CHOREO: POLE I A<br>6:50 PM CHOREO: LYRA II/III F                                                 | 6:00 PM AERIAL I B<br>6:00 PM OPEN PRACTICE A                                         | 6:00 PM CHOREO: SILKS II/III B<br>6:45 PM CHOREO: BURLESQUE OPEN LEVEL A | 6:00 PM VIDEO PARTY F                                           | 1:00 PM MOCK POLE I CLASS A                      |
| 4:20 PM CHOREO: POLE III A<br>4:20 PM OPEN PRACTICE B | 7:10 PM POLE III A<br>7:10 PM SILKS II/III B                                      | 8:00 PM SILKS I A<br>8:00 PM OPEN PRACTICE B                                                              | 7:10 PM CHOREO: POLE II HEELS A<br>7:10 PM OPEN PRACTICE B                            |                                                                          |                                                                 |                                                  |
| 24                                                    | 25                                                                                | 26                                                                                                        | 27                                                                                    | 28                                                                       | 29                                                              | 30                                               |
| 2:00 PM POLE I A<br>2:00 PM OPEN PRACTICE B           | 4:45 PM AERIAL II F<br>6:00 PM CHOREO: POLE I A<br>6:00 PM CHOREO: SILKS II/III B | 4:30 PM CHOREO: BURLESQUE OPEN LEVEL F<br>5:30 PM KIDS AERIAL II B                                        | 4:45 PM KIDS AERIAL I F                                                               | 4:20 PM KIDS AERIAL II F<br>5:30 PM KIDS AERIAL I A                      | 5:30 PM LYRA I F                                                | 10:00 AM KIDS AERIAL I F<br>11:10 AM SILKS I B   |
| 3:10 PM POLE II A<br>3:10 PM OPEN PRACTICE B          | 6:00 PM CHOREO: POLE I A<br>6:00 PM CHOREO: SILKS II/III B                        | 5:40 PM CHOREO: POLE I A<br>6:50 PM CHOREO: LYRA II/III F                                                 | 6:00 PM AERIAL I B<br>6:00 PM OPEN PRACTICE A                                         | 6:00 PM CHOREO: SILKS II/III B<br>6:45 PM CHOREO: BURLESQUE OPEN LEVEL A | 6:40 PM POLE I A<br>6:40 PM OPEN PRACTICE B                     |                                                  |
| 4:20 PM CHOREO: POLE III A<br>4:20 PM OPEN PRACTICE B | 7:10 PM POLE III A<br>7:10 PM SILKS II/III B                                      | 8:00 PM SILKS I A<br>8:00 PM OPEN PRACTICE B                                                              | 7:10 PM CHOREO: POLE II HEELS A<br>7:10 PM OPEN PRACTICE B                            | B                                                                        | 7:50 PM POLE II: HEEL BASICS A<br>7:50 PM OPEN PRACTICE B       |                                                  |