



January 2020

Announcements

Land of Lakes Pole Dance Festival Jan 17-19

Valentine Vixen workshop on Saturday, Feb 15

More instructors and more classes coming this spring!

Subscribe to our YouTube channel for Jan 4 Showcase videos

Bachelorette Party season is on the horizon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
8:00a Body Booty Camp 2:00p Pole Silks 3:00p Sunday Stretch - Full Body Book a Party!	7:30p Open Pole Jam	6:30p Tricks & More Tricks 7:30p Exotic Dance - Pole Tricks	5:45p Cardio Power 6:30p Pole Dance Fund'ls 7:30p Open Pole Jam	12:00p Pole Strength & Conditioning 6:00p TRX & Core Combo 6:30p Pole Dance Spins & Tricks 7:30p Sexy Flexy & Deep Stretch	Book a Party!	8:30a Abs & Booty 9:30a TRX & Core Combo 10:00a Tricks & More Tricks 11:00a Intro to Exotic Tricks Book a Party!
12	13	14	15	16	17	18
8:00a Body Booty Camp 2:00p Pole Silks 3:00p Sunday Stretch - Full Body Book a Party!	6:30p Aerial Yoga 7:30p Open Pole Jam	6:30p Tricks & More Tricks 7:30p Exotic Dance - Pole Tricks	5:45p ZUMBA! 6:30p Pole Dance Fund'ls 7:30p Open Pole Jam	12:00p Pole Strength & Conditioning 6:30p Pole Dance Spins & Tricks 7:30p Sexy Flexy & Deep Stretch	Book a Party!	8:30a Abs & Booty 10:00a Tricks & More Tricks 11:00a Intro to Exotic Tricks Book a Party!
19	20	21	22	23	24	25
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26	27	28	29	30	31	1 February
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