

May 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Studio Closed 10:00 - 4:00	TRX 10:00 - 10:45	Studio Closed	TRX 10:30 - 11:15	Foundation 10:00 - 10:45	TRX 10:00 - 10:45		
	Basic Movement 10:45 - 11:30		Chair Fit 11:15 - 12:00	All Level Review 10:45 - 11:30	Tricks Foundation 10:45 - 11:30		
	Open Pole 1:00 - 5:00		Open Pole 1:00 - 5:00	Open Pole 1:00 - 5:00	Open Pole 1:00 - 5:00	Tricks 11:30 - 12:15	
Reserved for Privates							
Basic Movement 4:15 - 5:00	TRXpress 5:00 - 5:30	TRXpress 5:00 - 5:30	TRXpress 5:00 - 5:30	Aerial Amy Workshops May 26th and Girl's Night IN May 25th 7:30 - 9:30pm Members \$10 Non Members \$20	Reserved for Privates		
TRXpress 5:00 - 5:30					TRXpress 5:00 - 5:30	TRXpress 5:00 - 5:30	Reserved for Privates
Tricks 5:45 - 6:30					Advanced Tricks 5:30 - 6:15	Tricks Foundation 5:30 - 6:15	ADV Movement 5:30 - 6:15
Twirly Girl 6:30 - 7:15	Basic Movement 6:15 - 7:00	Chair Dance & Floorwork 6:15 - 7:00	Booty Beat 6:15 - 7:00		Reserved for Privates		
	Stretch & Flex 6:15 - 6:45				Reserved for Privates		
Open Pole 7:30 - 8:30	Silks & Lyra 7:00 - 7:45	Foundation 7:15 - 8:00	Grindhouse 7:00 - 7:45	Reserved for Privates			
	Foundation 7:15 - 8:00						