

# Luxe Studios March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
12:15pm Pole L2 1:30pm Chair Foundations 2:45pm Exotic Foundations	6:15pm Pole Foundations 7:30pm Exotic L1	5pm Pole Goals 6:15pm Balance & Conditioning 7:30pm Pole L2	5pm Aerial Pole Essentials 6:15pm Pole L4 7:30pm Pole L1	5p Handbalancing 6:15pm Exotic L2 7:30pm Pole L3	5pm Spin Combos 6:15pm Pole Goals 7:30pm Exotic Foundations	10am Pole Bootcamp 11:15am Stretch 12:30 Pole Foundations 1:45pm Pole L1
8	9	10	11	12	13	14
12:15pm Pole L2 1:30pm Chair Foundations 2:45pm Exotic Foundations	6:15pm Pole Foundations 7:30pm Exotic L1	5pm Pole Goals 6:15pm Balance & Conditioning 7:30pm Pole L2	5pm Aerial Pole Essentials 6:15pm Pole L4 7:30pm Pole L1	5p Handbalancing 6:15pm Exotic L2 7:30pm Pole L3	5pm Spin Combos 6:15pm Pole Goals 7:30pm Exotic Foundations	10am Pole Bootcamp 11:15am Stretch 12:30 Pole Foundations 1:45pm Pole L1
15	16	17	18	19	20	21
12:15pm Pole L2 1:30pm Chair Foundations 2:45pm Exotic Foundations	6:15pm Pole Foundations 7:30pm Exotic L1	5pm Pole Goals 6:15pm Balance & Conditioning 7:30pm Pole L2	5pm Aerial Pole Essentials 6:15pm Pole L4 7:30pm Pole L1	5p Handbalancing 6:15pm Exotic L2 7:30pm Pole L3	5pm Spin Combos 6:15pm Pole Goals 7:30pm Exotic Foundations	10am Pole Bootcamp 11:15am Stretch 12:30 Pole Foundations 1:45pm Pole L1
22	23	24	25	26	27	28
12:15pm Pole L2 1:30pm Chair Foundations 2:45pm Exotic Foundations	6:15pm Pole Foundations 7:30pm Exotic L1	5pm Pole Goals 6:15pm Balance & Conditioning 7:30pm Pole L2	5pm Aerial Pole Essentials 6:15pm Pole L4 7:30pm Pole L1	5p Handbalancing 6:15pm Exotic L2 7:30pm Pole L3	5pm Spin Combos 6:15pm Pole Goals 7:30pm Exotic Foundations	10am Pole Bootcamp 11:15am Stretch 12:30 Pole Foundations 1:45pm Pole L1
29	30	31	1	2	3	4
12:15pm Pole L2 1:30pm Chair Foundations 2:45pm Exotic Foundations	6:15pm Pole Foundations 7:30pm Exotic L1	5pm Pole Goals 6:15pm Balance & Conditioning 7:30pm Pole L2			New to the studio? Start with any class in this colour!	Schedule is subject to change! Always check MindBody for the most updated version.

