

VogueFit

Winter Schedule



WINTER ESCAPE

VOGUEFIT

(F) Fitness pass or drop in
(P) Pole pass or drop in
(S) Session only
(E) Class Pass or \$25 drop in

Mondays-

5:00-6:00pm Contemporary Flow (F)
6:00-6:45pm Pole Combos (P)
7:00-8:00pm Aerial Hoop L1 (S)
8:10-9:10pm Pole Fitness L2 (S)
9:10-10:10pm Pole Fitness L1 (S)

Tuesdays-

5:00-6:00pm Body Chisel (F)
6:10-7:10pm Pole Fitness L8 (S)
7:20-8:20pm Pole Fitness L5 (S)
8:30-9:30pm Pole Fitness L4 (S)

Wednesdays-

5:00-6:00pm Pole Combos (P)
6:10-7:10pm Pole Fitness L9 (S)
7:20-8:20pm Pole Fitness L7 (S)
8:30-9:30pm Pole Fitness L6 (S)

Thursdays-

5:00-6:00pm Ballet Barre (F)
6:10-7:10pm Aerial Hoop L2/L3 (S)
7:30-8:30pm Exotic Pole Dance L1 (S)
8:40-9:40pm Pole Fitness L3 (S)

Fridays-

VogueFit Showcase Practices (S)

Saturdays-

11:00-12:00pm Static Flexibility Flow (F)
12:00-1:00pm Open Pole Practice
1:15-2:15pm Pole Fitness L1 (S)
2:20-3:20pm Pole Fitness L2 (S)

Sundays-

11:30-12:30pm Exotic Pole Dance L2/L3 (S)
12:40-1:40pm Mixed Pole L4-L6 (S)
4:00-5:00pm Aerial Silks L2/L3 (S)