Inner Diva STUDIOS

FIND YOUR INNER DIVA

POLE DANCE ZUMBA DIVA ABS

MARCH CLASS SCHEDULE

	Monday	Tuesday	Wed.	Thursday	Fri.	Saturday	Saturday	Sun.	
	Mar. 5,19	Mar. 6,20	Mar. 7,21	Mar. 1,15,29		Mar. 3,17,31	Mar. 10,24		
	Mar. 3,12,26	Mar. 13,27	Mar. 14,28	Mar. 8,22					
8AM	NO CLASS	NO CLASS	NO CLASS	NO CLASS	By appointment only	NO CLASS	NO CLASS	CLOSED	8AM
9AM	Yogalates	Pole Fit	Cardio Combat	Pole Fit		Contact Kickboxing	Cardio Combat		9AM
9AM	NO CLASS	Street Jazz	NO CLASS	NO CLASS		Intro to Pole	Pole Fit		9AM
10AM	Sexy Sculpt	Beginner Pole	Contact Kickboxing	Zumba		Cardio T & T	Cardio T & T		10AM
10AM	NO CLASS	Zumba	NO CLASS	Beginner Pole		Beginner Pole	Beginner Pole		10AM
11AM	Bootylicious	Bellydancing	Flexercise	Cardio Hoop		Hula Hoop Divas	Hula Flow 2		11AM
11AM	NO CLASS	NO CLASS	NO CLASS	NO CLASS		Pole Spins & Tricks	Intro to Pole		11AM
12PM	Zumba	NO CLASS	Zumba	NO CLASS		Intermediate Pole	Intermed. Pole		12PM
12PM	NO CLASS	NO CLASS	NO CLASS	NO CLASS		Jukebox Jazz	Hip Hop		12PM
1PM	NO CLASS	NO CLASS	NO CLASS	NO CLASS		Bellydancing	Bellydancing		1PM
1PM						Zumba	Zumba		1PM
2PM	NO CLASS	NO CLASS	NO CLASS	NO CLASS		Chair Tease	Chair Tease		2PM
3PM	NO CLASS	NO CLASS	NO CLASS	NO CLASS					3PM
4PM	NO CLASS	NO CLASS	NO CLASS	NO CLASS					4PM
5:30PM	Beg. Pole/Pole F & F	*Intro Pole/Beg. Pole	*Diva Abs/Hip Hop	*Beg. Pole/Intro Pole					5:30PM
5:30PM	*Zumba/Zum-Fusion	Zumba	*Pole Spins & Tricks/ Beg. Pole	*Jukebox Jazz / Cardio T&T					5:30PM
6:30PM	Pole Performance	*Beg. Pole/Intro Pole	Pole Fit & Flexy	Advance Pole					6:30PM
6:30PM	Diva Abs	Power Babes	Chair Tease	Power Babes					6:30PM
7:30PM	*Pole T&S/Int. Pole	Intermediate Pole	Advanced Pole	*Pole Fit/Beg. Pole					7:30PM
7:30PM	Diva Hoop Beg	*Yogalates/GoGo	Zumba	Zumba					7:30PM

Classes are subject to change

***Classes are alternated each week. 1st class is 1st and 3rd week, 2nd class is 2nd and 4th week.**

PLEASE SEE MINDBODY SCHEDULER FOR UPDATED CLASSES