



Fall 2021 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	Sunrise Strength (Pole Conditioning) w/ Paige E.		Sunrise Strength (Pole Conditioning) w/ Paige E.	
6:15 AM	Dance HIITS - You Belong w/ Dustin R.	Bliss Dance w/ Bee	Seksé Flexibility™ w/ Bee	Seksé Sculpt™ - Chair w/ Bee
9:15 AM	Pole Tricks & Flow w/ Jennifer L.	Intro to Exotic w/ Jennifer L. or Dustin R.	Seksé Sculpt™ - Pole w/ Bee or Jennifer L.	Open Pole
9:30 AM	Bliss Dance w/ Instructor Rotation	Booty Sculpt w/ Mindy L. or Genevieve S.	Hip Hop Dance Cardio w/ Shannon A.	Booty HIITS w/ Mindy L. or Genevieve S.
10:30 AM	Open Pole		Open Pole	Seksé Flexibility™ w/ Rosalee O.
12:00 PM				Pole Teaser (Intro to Pole) w/ Bee
4:30 PM	Seksé Sculpt™ - Chair w/ Roach	Open Pole	Seksé Sculpt™ w/ Genevieve S.	
5:30 PM	BliXX w/ Sarah K. & Missy N.	Bliss Dance w/ Julie C. & Justine B.	Seksé Choreo-Cardio w/ Instructor Rotation	Bliss Hip Hop w/ Sarah K.
5:45 PM	Tricks, Spins, & Combos w/ Jennifer L.	Pole Tricks 1 w/ Rosalee O.	Flexibility & Flooreo w/ Andrew K.	Pole Tricks & Flow w/ Red
6:00 PM				Friday Night Sweat Class Rotation
6:45 PM	Hip Hop w/ Sarah R.	X-plicit Choreo-Cardio™ w/ Inky or Biggs	Chair w/ Liv M. or Roach	Exotic Floor w/ Rosalee O.
7:00 PM	Intro to Exotic w/ Liv M.	Exotic Flow w/ Rosalee O.	Transitions & Tricks w/ Andrew K.	Russian Exotic w/ Emma L.
8:15 PM	Boys' Club - Men's Pole w/ Andrew K.	Pole Twerk w/ Jennifer L.		

SATURDAY
9:30 AM
Bliss Dance w/ Instructor Rotation
9:45 AM
Seksé Sculpt™ - Pole w/ Anna F.
10:45 AM
TWERKography w/ Paige E.
11:00 AM
Pole Teaser (Intro to Pole) w/ Instructor Rotation
12:15 PM
Intro to Exotic w/ Red
SUNDAY
10:15 AM
U-Jam w/ Hillary G.
11:30 AM
Chair Teaser w/ Janna E.
4:00 PM
Seksé Flexibility™ w/ Marissa M.

seksé.fit @seksefit (541) 550-7273

NOTE: Classes may have last minute changes or cancellations. Please refer to our online schedule for any changes.