



SUMMER 2020 SCHEDULE

Pole Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM	Booty Sculpt - w/ Mindy L.	Pole Fit™ w/ Alex B.		Seksé Sculpt™ w/ Beth B.	Booty Sculpt - w/ Mindy L.
6:30 AM		Bliss Dance w/ Beth B.			
8:30 AM				Booty HIITS™ - w/ Mindy L.	
9:30 AM	Bliss Dance w/ Jeralyn C.	Pole Conditioning w/ Jamie K.	Zumba® w/ Beth B.	Pole Fit™ w/ Cinnamon R.	Bliss Hip-Hop w/ Tammy S.
9:40 AM	Open Pole		Open Pole		Open Pole
10:45 AM			Barre Strong w/ Lori C.		Barre Strong w/ Lori C.
5:30 PM	Seksé Sweat™ w/ Liv M.	Bliss Dance w/ Julie C.	Seksé Sculpt™ w/ Roach	Bliss Dance w/ Jeralyn C. & Julie C.	
5:45 PM	Pole Basics w/ Kayla S.	Pole Tricks 2 w/ Emily A.	Pole Tricks 1 w/ Emma L.	Pole Teaser w/ Roach	
6:40 PM	Hip-Hop w/ Liv M.	Seksé X-Plicit™ w/ Biggs	Seksé Sweat™ w/ Sydney R.	Throwback Thursday w/ Liv M.	
7:00 PM	Pole Tricks 1 w/ Emma L.	Exotic Flow w/ Emma L.	Pole Tricks 2 w/ Emily A. (7:15 PM)	Exotic Flow w/ Roach	
	SATURDAY	SUNDAY			
9:30 AM	Bliss Dance - Instructor Rotation				
9:45 AM	Pole Teaser w/ Kayla S.				
10:45 AM	Twerkout™ w/ Biggs				
11:00 AM	Pole Tricks 1 w/ Emily A.				
12:00 PM	Chair w/ KAT				
12:30 PM	Spin Tricks w/ Emily A.				

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