

Soul Aerial & Performing Arts Center

Adult Class Schedule... Classes are subject to changes, so check online scheduling for updates.
 Check Online Scheduling for descriptions, pricing, packages & more! Drop in Rate: \$20/class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Morning Classes	Hoop Fitness Bitsy 9:30pm – 10:30pm	Open Level Poleography Heather 11:00pm – 12:00pm	Pole Level 3+ Heather 9:30am – 10:45am	Pole Level 1/2 Nia 9:30am – 10:45am	Pole Level 1/2 Heather/Flynn 9:30am – 10:30am
Lyra Level I Heather B 5:30pm – 6:30pm	Pole Level I Flynn 5:30pm – 6:30pm	Static Flow Lv. 1 Heather 5:30pm – 6:30pm	Poleography Level 2+ Heather 10:45am – 11:45am	Poleography Open Level Nia 11:00am – 12:15pm	Poleography Level 1 & 2 Heather 10:45am – 12:00pm
Level III Pole Nia 6:30pm – 7:45pm	Hoop Fit Bitsy 6:30pm – 7:30pm	Dance Fit & Flex Flynn 6:30pm – 7:30pm	Vertical Barre Flynn 5:30pm – 6:30pm	Happy Hour ... Pole, Dance Fit, Hoop 6:00pm – 7:00pm Starts in May	Hoop Fit Bitsy 11:30pm – 12:30pm
Aerial Silk Hammock Nia Level I 8:00pm – 9:00pm	Pole Level 2/3 Heather 6:30pm – 7:30pm	Pole Level 1/2 Nia 6:30pm – 7:45pm	Pole Level 1 Kat 6:30pm – 7:45pm		Lyra Fit Heather W 12:30pm -1:30pm
	Lyra Fit Heather 7:45pm – 8:45pm	Poleography Level 2 Nia 7:45pm – 9:00pm	Pole Level 2/3 Kat 8:00pm – 9:15pm	Evenings are available for Party Rentals!	Afternoons & Evenings are available for Party Rentals!
	Bellydance Onca 7:45pm – 8:45pm	Hoop Level I Bitsy 8:00pm – 9:00pm			
		2 NEW CLASSES!!! Hot Heels Dance & Hip Hop Juli Starting May 25th!			