



mondays

7:00 am	Abs & Booty	Carla
9:30 am	Jump Rope Divas	Julie
10:30 am	Kickass Cardio	Eileen
11:30 am	GI Jane	Eileen
12:30 pm	Flirty Pilates	Jasmine G
4:30 pm	Kickass Cardio	Carla
4:30 pm	Go Go Girl	Naledi
5:30 pm	Sexy Sculpt	Carla
5:30 pm	Video Vixen	Naledi
5:30 pm	House Music Honeys	Naomi
6:30 pm	Zumba	Naledi
6:30 pm	Pole Tease	Naomi
6:30 pm	Hardcore Hip Hop	Monica
7:30 pm	Beginner Pole Tricks	Nicole
7:30 pm	Hard-CORE	Eileen
7:30 pm	Abs & Booty	Carla
8:30 pm	Intermediate Pole Dance	Rachel
8:30 pm	Pom Pom Power	Naledi
8:30 pm	Hula Hoopla	Mercedes * Nov 30th only

tuesdays

11:00 am	Flirty Yoga	Jasmine G
12:00 pm	Pole Dance	Diana
12:30 pm	Chair Fit	Carla
1:30 pm	Zumba	Tonia
4:15pm	Pole Fit	Adrienne
5:30 pm	Flirty Fight Club	Carla
5:30 pm	Bikini Boot Camp	Adrienne
6:00pm	Belly Dance	Billie
6:30 pm	Zumba	Tonia
6:30 pm	Abs & Booty	Adrienne
7:00 pm	House Music Honeys	Monica
7:30 pm	Fabulously Firm	Carla
7:30 pm	Pole 201 Session*	Rachel *starts Nov 3rd
8:00 pm	Hip Hop Booty Camp	Monica
8:30 pm	Chair Fit	Carla
8:30 pm	Pole Tricks	Diana

*Pole 201 4 week session song: "# 1 Zero" By Audio Slave

wednesdays

11:30 am	Kickass Cardio	Candrice
12:30 pm	Abs & Booty	Candrice
1:30 pm	Flirty Yogalates	Jasmine G
2:30pm	Pole Dance	Diana
4:15pm	Fitness Fusion	Adrienne
4:30 pm	Cardio Dance	Naledi
5:15 pm	Bikini Boot Camp	Adrienne
5:30 pm	Pole 200 Session**	Naledi *starts Nov 4th
6:00 pm	XXX Power Strip	Tierra
6:15 pm	Video Vixen	Jaydin
6:30 pm	Pole Dance	Naledi
7:15 pm	Booty Beat	Jaydin
7:15 pm	Abs & Booty	Julie
7:30 pm	Babes w/ Bands	Adrienne
8:15 pm	Lap Dance	Jaydin
8:30 pm	Pole 101 Session**	Kristen *starts Nov 4th

** 4-week Session Songs: "Reptile" by Nine Inch Nails - 5:30pm
"Love Come Down" by Dirty Money- 8:30pm



Punch Card *Special*

Buy one punch card
and get a second punch
card of equal or
lesser value for half price.

\$100 – 5 classes
(Get 5 more for only \$50)

\$180 – 10 classes
(Get 10 more for only \$90)

\$300 – 20 classes
(Get 20 more for only \$150)

Classes fill quickly so please reserve your spot in advance. Members and Punch Card holders may self-register for classes online. All others please call 312-666-2266 to hold with a credit card.

Cancellation policy:

Your credit card will be billed if you do not cancel you class reservation with a minimum two hours notice (24 hours for Friday or Saturday night classes).

Punch Card Holders will be charged a punch off of their existing punch card without appropriate notice.

Members will lose their ability to pre-register for their classes for 1 month after three instances of not calling to cancel. Members may also be billed \$25 per non-cancellation.

PLEASE NOTE: All pole classes are limited to two girls per pole.



thursdays

9:00 am	Flirty Yoga	Taj
10:00 am	Brazilian Samba	Taj
11:30 am	Cardio Dance	Stephanie
12:30 pm	Body Blast	Stephanie
12:30 pm	Pole Dance	Naledi
1:30 pm	House Music Honeyys	Naledi
4:15 pm	Chair Fit	Adrienne
4:30 pm	Kick Ass cardio	Julie B
5:15 pm	Cardio Dance	Adrienne
5:30 pm	Abs & Booty	Julie B
6:15 pm	Sexy Sculpt	Adrienne
6:30 pm	Salsalicious	Naomi
6:45 pm	Hip Hop Booty Camp	Jaydin
7:15 pm	HardCORE	Adrienne
7:30 pm	Intermediate Pole Tricks	Rachel
7:45 pm	Flirty Pilates	Carla
8:15 pm	Chair Striptease	Kristen
8:30 pm	Intro Pole Teaser	Jaydin

Flirty Spa Social every Thursday from 5-10pm

Enjoy a complimentary Smoothie or Flirtini with any spa service purchase (Please make appointment in advance)

fridays

7:00 am	GI Jane	Carla
11:30 am	Abs & Booty	Julie
12:30 pm	Bikini Boot Camp	Julie
12:30 pm	Pole Dance	Jaydin
5:00 pm	Pole Fit	Adrienne
5:00 pm	Fitness Fusion	Carla
6:00 pm	Cardio Dance	Adrienne
6:00 pm	Abs & Booty	Carla
6:00 pm	Pole Dance	Kristen 6 th & 20 th ; Naomi 13 th & 27 th
7:00 pm	Video Vixen	Jaydin
7:00 pm	Pole Dance	Kristen 6 th & 20 th ; Naomi 13 th & 27 th
7:00 pm	Burlesque	Naledi
8:00 pm	Lap Dance	Jaydin
8:00 pm	Pole Dance	Kristen 6 th & 20 th ; Naomi 13 th & 27 th
8:00 pm	Burlesque	Naledi

saturdays

9:00 am	Fabulously Firm	Eileen
9:30 am	Flirty Pilates	Carla/Julie B
10:00 am	Kickass Cardio	Eileen
10:30 am	Abs & Booty	Carla/Julie B
11:00 am	Ultimate Upper Body	Adrienne
11:30 am	Hottie Body Boxing	Carla/Julie B
12:30 pm	Fitness Fusion	Adrienne
12:00 pm	Sexy Stretch	Diana
1:00 pm	Pole Dance	Diana
1:30 pm	Bikini Boot Camp	Adrienne
7:00 pm	Pole Dance	Alternating
7:00 pm	Lap Dance	Jaydin

sundays

10:30 am	Flirty Fight Club	Carla
11:00 am	Salsalicious	Naomi
11:30 am	Abs & Booty	Carla
12:00 pm	Pole Dance	Naomi
12:30 pm	Belly Dance	Billie *No class 11/29
1:00 pm	Beginner Pole Tricks	Diana
1:30 pm	Chair Striptease	Cheria



CLOSED THANKSGIVING DAY



Black Friday classes

10:00 am	Kickass Cardio	w/Adrienne
11:00 am	Sexy Sculpt	w/Adrienne
11:30 am	Booty Beat	w/Jaydin
12:30 pm	Pole Dance	w/Jaydin
1:00 pm	Bikini Boot Camp	w/Adrienne
2:00 pm	Cardio Dance	w/Adrienne
7:00 pm	Pole Dance	w/Diana
8:00 pm	Pole Dance	w/Diana
6:30 pm	Video Vixen	w/Naomi
7:30 pm	Lap Dance	w/Naomi

Workshops

11/7	Lap Dance	3-5 pm	Diana
11/14	Pole Dance	2-4 pm	Naomi
11/21	Video Vixen	3-5 pm	Naledi
11/28	Pole Dance	2-4 pm	Rachel

Cost: 2 hours for \$40 or two punches
25% off for Regular Members
Free for Premium Members!