



mondays

7:00 am	Abs & Booty	Carla *No class 9/6
9:30 am	Kickass Cardio	Eileen
10:30 am	GI Jane	Eileen
11:30 am	Sexy Circuit Training	Amy
12:30 pm	Hottie Body Boxing	Amy
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	Jasmine
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	NEW Pom Pom Power	Naledi
8:30 pm	Hula Hoopla	Mercedes * Sept 28 th only

tuesdays

10:00 am	NEW Pom Pom Power	Jasmine
11:00 am	Pole Dance	Jasmine
12:30 pm	Chair Fit	Carla
1:30 pm	Zumba	Tonia
4:15pm	Pole Fit	Adrienne
5:15 pm	Cardio Booty Boxing	Danielle
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 Sept 1 st
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: "Ghosts" by Sleeping at Last

wednesdays

11:30 am	Kickass Cardio	Amy
12:30 pm	Abs & Booty	Amy
1:30 pm	Hottie Body Boxing	Candrice
2:30pm	Fabulously Firm	Candrice
4:15pm	Fitness Fusion	Adrienne
4:30 pm	Cardio Dance	Naledi
5:15 pm	Bikini Boot Camp	Adrienne
5:30 pm	Pole 201 Session**	Naledi *starts Sept 2nd
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 Sept 2nd

** 4-week Session Songs: "Hurt" Nine Inch nails - 5:30pm
"Imma Star" Jeremih - 8:30pm



Fall into Shape

Buy a 3 month membership
& get 1 month free

Buy a 6 month membership
& get 2 months free

Buy a 12 month membership
& get 3 months free





** Please note, schedule is subject to change.

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
1:30 pm	Pole Dance	Naledi
2:30 pm	House Music Honeyys	Naledi
4:15 pm	Chair Fit	Adrienne
4:15 pm	Zumba	Tonia
5:15 pm	Cardio Dance	Adrienne
5:15 pm	Abs & Booty	Tonia
6:15 pm	Sexy Sculpt	Adrienne
6:30 pm	Salsalicious	Naomi
7:15 pm	HardCORE	Adrienne
7:30 pm	Hip Hop Booty Camp	Jaydin
7:30 pm	Intermediate Pole Tricks	Rachel
7:45 pm	Flirty Pilates	Carla
8:15 pm	Chair Striptease	Tierra
8:30 pm	Intro Pole Teaser	Jaydin

Flirty Girl Fitness
1325 West Randolph
Chicago, IL 60607

phone: 312 666 2266
email: chicago@flirtygirlfitness.com
web: flirtygirlfitness.com



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.

Flirty Spa Social every Thursday from 5-10pm

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

Cancellation policy:

Your credit card will be billed if you do not cancel your 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.

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	Alison
6:00 pm	Abs & Booty	Alison
6:00 pm	Pole Dance	Kristen 9/4, 9/18; Naomi 9/11, 9/25
7:00 pm	Video Vixen	Jaydin
7:00 pm	Pole Dance	Kristen 9/4, 9/18; Naomi 9/11, 9/25
7:00 pm	NEW Burlesque	Naledi
8:00 pm	Lap Dance	Jaydin
8:00 pm	Pole Dance	Kristen 9/4, 9/18; Naomi 9/11, 9/25
8:00 pm	NEW Burlesque	Naledi

saturdays

9:00 am	Fabulously Firm	Alison
9:30 am	Flirty Pilates	Carla
10:00 am	Kickass Cardio	Alison
10:30 am	Abs & Booty	Carla
11:00 am	Babes w/ Bands	Adrienne
11:00 am	Flirty Yoga	Alison
11:30 am	Hottie Body Boxing	Carla
12:00 pm	Pole Dance	Diana
12:30 pm	Fitness Fusion	Adrienne
1:30 pm	Bikini Boot Camp	Adrienne
6 & 7pm	Pole Dancing*	Jaydin
7:00 pm	Lap Dancing*	Monica
9:00 pm	NEW Burlesque*	Monica

Workshops

9/5	Pole Dance	1-3pm	Diana
9/12	Lap dance	3-5pm	Jaydin
9/26	Video Vixen	3-5pm	Naledi

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

***Labor Day Special! Buy one class get one free.**
Applies to evening Labor Day classes only.

Upgrade your membership to a Premium* for only \$29 per month



*Get a mani, pedi & personal training consultation every month!

sundays

10:30 am	Fabulously Firm	Carla
11:30 am	Abs & Booty	Carla
11:00 am	Salsalicious	Naomi
11:00 am	Chair Striptease	Tierra
12:00 pm	Kid Cardio (ages 12 & under)	Cheria
12:00 pm	Pole Dance	Naomi
12:30 pm	Belly Dance	Billie
1:00 pm	Beginner Pole Tricks	Diana

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