



mondays

5:30 pm	Sexy Sculpt	Adrienne
5:30 pm	Flirty Pilates	Jasmine
5:30 pm	House Music Honeys	Monica
6:30 pm	Cardio Tone	Adrienne
 6:30 pm	Advanced Pole Dance	Diana
6:30 pm	Hardcore Hip Hop	Monica
 7:30 pm	Advanced Pole Tricks	Diana
7:30 pm	Video Vixen	Candis
7:30 pm	Zumba	Rebecca
8:30 pm	Pole 101 Session* (Starts 2/6)	Monica
8:30 pm	Abs and Booty	Rebecca

***Pole 101 4-wk Session Song: "Dance for You" by Beyonce**

tuesdays

10:00 am	Cardio Dance	Stephanie
11:00 am	Fabulously Firm	Stephanie
11:00 am	Pole Tricks	Diana
12:00 pm	Pole Dance	Diana
 4:30 pm	Pole Fit	Adrienne
5:30 pm	Fitness Fusion	Julie
5:30 pm	Bikini Boot Camp	Adrienne
6:00 pm	Belly Dance	Billie
6:30 pm	Pole Dance	Rebecca
6:30 pm	Abs & Booty	Adrienne
7:00 pm	House Music Honeys	Monica
7:30 pm	Zumba	Rebecca
7:30 pm	Pole 200 Session* (Starts 2/7)	Diana
8:00 pm	Reggae Rhythms	Monica
8:30 pm	Open Pole	Diana
8:30 pm	Sexy Sculpt	Rebecca

***Pole 200 4-wk Session Song: "Wild Boy" by MGK**

wednesdays

12:30 pm	Abs & Booty	DeAngela
1:30 pm	Flirty Yogalates	Jasmine
2:30 pm	Pole Dance	Diana
4:30 pm	Cardio Tone	Adrienne
5:30 pm	Fitness Fusion	Adrienne
5:30 pm	Pole 201 session* (Starts 2/1)	Diana
6:30 pm	Club Cardio	Adrienne
6:30 pm	Chair Dance	Jaydin
6:30 pm	Pole Dance	Diana
7:30 pm	Booty Beat	Jaydin
7:30 pm	Sexy Stretch	Kristen
7:30 pm	Booty Blast	Adrienne
8:30 pm	Lap Dance	Jaydin
8:30 pm	Pole 101 session** (Starts 2/1)	Kristen

***Pole 201 4-wk Session Song: "D.D." by The Weeknd**

****Pole 101 4-wk Session Song: "Pretty Lil' Heart" by Robin Thicke**

 indicates an advanced level class

(LOVE)LY FEBRUARY SPECIALS



(LOVE)BUG
\$59 five-class punchcard

(LOVE)STRUCK
\$19 drop-in class, Skinny Flirtini

SPA-LA-(LOVE)
\$35 Manicure, pedicure, Skinny Flirtini


TOUGH(LOVE)
\$25 bikini wax



thursdays

10:30 am	Flirty Yoga	Jasmine
11:30 am	Cardio Dance	Stephanie
12:30 pm	Body Blast	Stephanie
12:30 pm	Pole Dance	Rebecca
4:30 pm	Fitness Fusion	Adrienne
5:30 pm	Club Cardio	Adrienne
5:30 pm	Abs & Booty	Julie
5:30 pm	Yogalates	Jasmine
6:30 pm	Sexy Sculpt	Adrienne
6:30 pm	Sexy Stretch	Kristen
6:30 pm	Chair Strip Tease	Jaydin
7:30 pm	Cardio Tone	Adrienne
7:30 pm	Beginner Pole Tricks	Jaydin
8:00 pm	Belly Dance	Vanessa
8:30 pm	Lap Dance	Candis
8:30 pm	Pole Dance	Jaydin

fridays

12:00 pm	Fitness Fusion	Julie
12:30 pm	Pole Dance	Jaydin
1:30 pm	Pole Tricks	Jaydin
2:30 pm	Pole 200 Session* (Starts 2/3)	Jaydin
 5:00 pm	Abs and Booty	Adrienne
6:00 pm	Club Cardio	Adrienne
6:00 pm	Intermediate Pole Dance	Diana
7:00 pm	Sexy Strip Tease	Candis
7:00 pm	Pole Dance	Diana
8:00 pm	Lap Dance	Chasati
8:00 pm	Pole Dance	Diana

***Pole 200 4-wk Session Song: "Doncamatic" by Gorillaz featuring Daley**

saturdays

9:00 am	Balance Ball Blast	Alison
9:30 am	Zumba	Rebecca
9:30 am	Hardcore Hip Hop	Christina
10:00 am	Kickass Cardio	Alison
10:30 am	Ballroom for Babes	Laura
10:30 am	Abs & Booty	Julie
11:00 am	Ultimate Upper Body	Alison
11:30 pm	Booty Beat	Rebecca
11:30 am	Video Vixen	Christina
12:00 pm	Sexy Stretch	Diana
12:30 pm	Fitness Fusion	Julie
12:30 pm	Sexy Hip Hop	Christina
1:00 pm	Pole Dance	Diana
6:00 pm	Pole Dance	Diana
7:00 pm	Lap Dance	Christina

FIT, FLIRTY, FABULOUS MEMBERSHIPS AVAILABLE UNTIL FEB. 15!

20% OFF PINK MEMBERSHIPS

25% OFF PREMIUM MEMBERSHIPS

No initiation fees, contract freedom, \$5,500 in gifts!

February Workshops

Feb. 4 with Rebecca
Pole Dance 4-6 pm

Feb. 11♥ with Chasati
Lap Dance 2-4 pm
Lap Dance 4-6 pm
♥Perfect your Valentine's Day Peepshow with our **(LOVE)** song workshops!

Feb. 18 with Diana
Pole Dance 7-9 pm

Feb. 25 with Billie
Belly Dance 2-4 pm

\$40 for 2-hour workshop.


sundays

10:30 am	Flirty Fight Club	Carla
11:00 am	Kickass Cardio	Stephanie
11:30 am	Flirty Fight Club	Carla
12:00 pm	Pole Dance	Diana
12:30 pm	Sexy Sculpt	Carla
1:00 pm	Beginner Pole Tricks	Diana
1:30 pm	Belly Dance	Billie
2:00 pm	Open Pole	Diana
2:30 pm	Booty Beat	Natalia
3:00 pm	Pole Dance	Diana

 indicates an advanced level class

Registration policy: Classes fill quickly, so pre-registration is strongly recommended. Clients can register over the phone or online through our website. A valid credit card is required to hold a space in a class. Classes open for registration 2 weeks prior to the scheduled class time. No class registration will be permitted before these time frames.

Cancellation policy: Clients must cancel 24 hours prior to all scheduled classes and spa appointments. If a guest does not cancel a reserved spot in the allotted time, the credit card on file will be billed. Punch card holders will be charged a punch off an existing card without appropriate notice. Members will be billed \$10 for each late cancellation and \$25 for each no-show. After five instances of late cancellation or no shows, member pre-registration will be disabled for one month. As a courtesy to members and guests, no one will be allowed in any class 10 minutes after the class begins. No refunds or class credits will be given.