



## April 28th-July 2025 Schedule

Mini Session / Drop in

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					<b>1:00-2:30</b> Burlesque with Payton  <b>1:00-2:00</b> Ballet Barre with Alessia**	<b>12:00-1:30</b> Beginner Straps with Bryan  <b>2:00-3:00</b> Aerial Conditioning with Bryan
					<b>2:30-3:30</b> Active Flex & Conditioning with Kash <b>**Outdoor class at Parc la Fontaine**</b>	<b>3:00-4:30</b> Beg/ Int Silks with Payton
	<b>6:00-7:00</b> Beginner/ Inter Pole with Lychee  <b>6:00-7:30</b> Floorwork with Kash	<b>6:00-7:30</b> Acro with Payton  <b>6:00-7:30</b> Intermediate pole with Marie  <b>**Outdoor classes at Parc la Fontaine**</b>	<b>6:30-7:30</b> Pole Inversions with Roxanne  <b>6:30-7:30</b> Flexibility with Payton	<b>6:00-7:00</b> Beginner Pole with Payton  <b>6:00-7:00</b> Beginner Silks with Lyla		<b>*Please note that Sunday aerial classes take place at Chateau de Cirque NOT Studio 609*</b>
<b>7:30-8:30</b> Intro/ beginner pole with Ell  <b>7:30-9:00</b> Aerial Hoop Flow with Sarah	<b>7:00-8:00</b> Advanced Pole with Lychee  <b>7:30-9:00</b> Aerial Hoop Flow with Kash  <b>8:00-9:00</b> Low Flow Pole With Lychee		<b>7:30-9:00</b> Slow Flow Pole Roxanne  <b>7:30-9:00</b> Aerial Hoop Beginner/ Inter with Payton	<b>7:00-8:00</b> Open Pole/ Aerial with Payton		

## **Studio Spring Break:**

April 15-27 no classes

## **Drop in only dates:**

April 28-May 4 : Trial Week - bring a friend, two for the price of one!

## **Session dates (each mini session lasts 4 weeks):**

- Session 1: May 5-June 1
- Session 2: June 2-29
- Session 3: June 30-July 27

## Class Descriptions

**Monday to Saturday classes take place at Studio 609 (with the exception of outdoor classes) located at [#609 160 Saint Viateur Est](#)**

**Monday drop-in dates:** April 28th, May 5th, 12th, 19th, 26th, June 2nd, 9th, 16th, 23rd, 30th, July 7th, 14th, 21st

**Monday mini-session dates:** May 5th to 26th, June 2nd to 23rd, June 30th to July 21st

## **Beginner Pole with Eli**

### **Mondays 7:30-8:30**

(160 Saint Viateur Street East #609) — Ready to try something new and exciting? Our Beginner's Pole class is the perfect place to start! We'll guide you through the basics of pole, from learning how to grip and climb, to nailing your first spins & poses. It's all about building strength, confidence & having a blast while doing it! (Please bring: shorts, a tank top or sports bra, pole grip and a water bottle)

## **Aerial Hoop Flow with Sarah**

### **Monday 7:30-9:00**

(160 Saint Viateur Street East #609) --- Learn how to maneuver gracefully through the air with Aerial Hoop Flow! In this class we blend the artistry of dance with the excitement of aerial hoop. You'll learn fluid transitions and expressive movements that elevate your aerial performance. (Please bring: pants or leggings and a water bottle)

**Tuesday drop-in dates:** April 29th, May 6th, 13th, 20th, 27th, June 3rd, 10th, 17th, 24th, July 1st, 8th, 15th, 22nd

**Tuesday mini-session dates:** May 6th to 27th, June 3rd to 24th, July 1st to 22nd

### **Beginner/Intermediate Pole with Lychee**

**Tuesday 6:00-7:00**

(160 Saint Viateur Street East #609) --- Ready to take your pole training to the next level? In our Beginner/Intermediate Pole class, we will work on exploring going upside down! You will begin learning your first steps to inverting, as well as building more upon your foundations. This class is designed to challenge and elevate your skills as you continue your pole journey. Prerequisites: familiarity with sits, climbs, and two-handed pole spins (such as chair spin). (Please bring: shorts, a comfortable top, pole grip and a water bottle)

### **Floorwork with Kash**

**Tuesday 6:00-7:30**

(160 Saint Viateur Street East #609) --- Immerse yourself in the art of sensual floorwork and explore choreography that blends grace with seduction. We will be focusing on musicality and acrobatic elements like shoulder stands and rolls. All levels are welcome, and bring heels if you have them! (Please bring knee pads, breathable clothing and a water bottle)

### **Advanced Pole with Lychee**

**Tuesdays 7:00-8:00**

(160 Saint Viateur Street East #609) — Are you ready to take your skills to the next level? In this class we will enhance your strength, flexibility, and stamina through new combinations while you develop your unique style. To participate, you should be proficient in controlled inversions and descents, inside leg hangs, outside leg hangs, climbs, brass monkey, and sits. (Please bring: shorts, a comfortable top, pole grip, and a water bottle)

### **Aerial Hoop Flow with Kash**

**Tuesday 7:30-9:00**

(160 Saint Viateur Street East #609) --- Learn how to maneuver gracefully through the air with Aerial Hoop Flow! In this class we blend the artistry of dance with the excitement of aerial hoop. You'll learn fluid transitions and expressive movements that elevate your aerial performance. (Please bring: pants or leggings and a water bottle)

### **Low Flow Pole with Lychee**

**Tuesday 8:00-9:00**

(160 Saint Viateur Street East #609) --- In this low flow heels class, you will learn how to navigate the lower half of the pole and how to use your heels effectively and confidently. This class is perfect for dancers who want to learn to move seamlessly between the floor and the pole. This is a sequence based class with lots of room for personal style and improvisation, with progressions for all levels. Heels are not required, but recommended. Kneepads and layers recommended.

**Wednesday drop-in dates:** April 30th, May 7th,14th,21st,28th, June 4th,11th,18th,25th, July 2nd, 9th,16th,23rd

**Wednesday mini-session dates:** May 7th to 28th, June 4th to 25th, July 2nd to 23rd

### Acro with Payton

**Wednesdays 6:00-7:30**

(Outdoor - Parc Lafontaine) --- This all level acro class will teach you lifts as well as individual and partnered acro poses. Students will be taught sequences at their level with a variety of solo and group moves to create fun short combos. (Please bring: a shirt that you can tuck in, pants or leggings, and a water bottle.)

### Intermediate Pole with Marie

**Wednesdays 6:00-7:30**

(Outdoor - Parc Lafontaine) --- Ready to take your pole training to the next level? In our Intermediate Pole class, we will work on mastering inverted moves and learning more intricate combinations that travel up and down the pole. This class is designed to challenge and elevate your skills as you continue your pole dancing journey. (Please bring: shorts, a tank top or sports bra, pole grip and a water bottle)

**Thursday drop-in dates:** May 1st,8th,15th,22nd,29th, June 5th,12th,19th,26th, July 3rd, 10th,17th,24th

**Thursday mini-session dates:** May 8th to 29th, June 5th to 26th, July 3rd to 24th

### Intro to Pole Inversions with Roxanne

**Thursdays 6:30-7:30**

(160 Saint Viateur Street East #609) — Ready to explore going upside down? Join our Intro to Inversions class, where we'll guide you through the basics of inverting with confidence. We'll focus on building strength, balance, and control, helping you master essential techniques for safely and effectively transitioning into and out of inverted positions. (Please bring: shorts, a tank top or sports bra, pole grip and a water bottle)

### Flexibility with Payton

**Thursdays 6:30-7:30**

(160 Saint Viateur Street East #609) --- Join our Flexibility Class and enhance your range of motion! Each week, we focus on improving overall flexibility, tailored to your goals. Whether you're aiming to touch your toes or achieve advanced poses, we will help you get there. Perfect for all levels, this class helps you achieve greater flexibility, better posture, and overall body awareness. Many progressions and regressions will be given based on level. (Please bring: yoga mat, blocks and a water bottle)

### Slow Flow Pole with Roxanne

**Thursdays 7:30-9:00**

(160 Saint Viateur Street East #609) --- Learn the art of flowing around the pole as we combine movements inspired by lyrical dance and pole elements to create a unique and expressive experience. Our classes cater to all fitness levels, allowing you to improve strength, flexibility, and coordination while exploring your creativity. (Please bring: shorts, a tank top or sports bra, pole grip and a water bottle)

### **Beginner/Intermediate Aerial Hoop with Payton**

#### **Thursdays 7:30-9:00**

(160 Saint Viateur Street East #609) — Discover the magic of aerial hoop in our Beginner Aerial Hoop class! This class is designed to help you feel comfortable learning something new & introduce you to the basics of hoop techniques with confidence. You'll learn essential skills such as getting into the hoop, basic poses & simple transitions. (Please bring: pants or leggings and a water bottle)

**Friday drop-in dates:** May 2nd, 9th, 16th, 23rd, 30th, June 6th, 13th, 20th, 27th, July 4th, 11th, 18th, 25th

**Friday mini-session dates:** May 9th to 30th, June 6th to 27th, July 4th to 25th

### **Intro to Pole with Payton**

#### **Fridays 6:00-7:00**

(160 Saint Viateur Street East #609) — Interested in learning pole? This class is for you! No prior experience is necessary to participate in the class, as you will be guided through the fundamental techniques of pole and how to control your momentum through different spins and transitions. Come ready to have fun as you explore pole dancing in a supportive and energetic environment! (Please bring: comfortable clothing to move around in, shorts or sticky leggings, a water bottle).

### **Beginner Silks with Lyla**

#### **Fridays 6:00-7:00**

(160 Saint Viateur Street East #609) --- New to silks but excited to try them? This class will explore techniques such as climbs, wraps, transitions, and when you're ready drops. This beginner class will make you feel comfortable learning at your own pace with step by step guidance and clear instructions. (Please bring: a shirt that you can tuck in, pants or leggings, and a water bottle)

### **Open Aerial & Dance**

#### **Fridays 7:00-8:00**

(160 Saint Viateur Street East #609) --- Come join us for Open Aerial and Dance Practice! All new students must have completed at least 5 classes prior to open gym. Please practice moves suitable for your level.

### **Open Pole**

#### **Fridays 7:00-8:00**

(160 Saint Viateur Street East #609) --- Come join us for Open Pole Practice! All new students must have completed at least 5 classes prior to open gym. Please practice moves suitable for your level.

**Saturday drop-in dates:** May 3rd,10th,17th,24th,31st, June 7th,14th,21st,28th, July 5th, 12th,19th,26th

**Saturday mini-session dates:** May 10th to 31st, June 8th to 28th, July 5th to 26th

### **Burlesque with Payton**

**Saturdays 1:00-2:30**

(160 Saint Viateur Street East #609) --- Want to learn the art of tease? This class will have you peeling off layers with charisma & charm as we focus on exploring your burlesque persona. We'll learn choreography showcasing group & solo moments, while working on character & tease. Students must be comfortable stripping down to a bra & underwear or pasties for this act.. (Please bring: heels and a water bottle)

### **Ballet Barre with Alessia**

**Saturdays 1:00-2:00**

(160 Saint Viateur Street East #609) ---- Introducing our Ballet Barre class, specifically crafted for aerialists! This class focuses on refining technique, enhancing grace, and improving alignment through classical ballet exercises at the barre and across the floor. Join us to elevate your aerial performance with the elegance and discipline of ballet training! (Please bring: socks or ballet shoes, tight fitted clothes and a a water bottle)

### **Active Flex & Conditioning with Kash**

**Saturdays 2:30-3:30**

(Outside - Parc Lafontaine) ---- This class is designed to strengthen and lengthen your muscles for an enhanced aerial experience! Whether you're an aerialist or not, this class focuses on building the strength necessary to achieve smoother movements on your chosen apparatus. We'll work on ground-based exercises to target specific muscle groups, making your aerial goals more attainable. Additionally, we'll emphasize active flexibility to improve your performance in shapes like splits and backbends. Get ready for a challenging workout that benefits both aerial enthusiasts and fitness enthusiasts alike! (Please bring : water bottle, yoga mat, comfortable, breathable clothing and yoga blocks (optional).)

**Sunday drop-in dates:** May 4th,11th,18th,25th, June 1st,8th,15th,22nd,29th, July 6th, 13th,20th,27th

**Sunday mini-session dates:** May 11th to June 1st, June 9th to 29th, July 6th to 27th

### **Straps with Bryan**

**Sundays 12:00-1:30**

(Chateau de Cirque, 6956 Saint Denis St) --- This intro to aerial straps will introduce students of all levels to the "building block" moves of straps. In addition to building upper body, core & glute strength, students will learn various progressions & explore movements such as: nutcracker, arabesque, back balance, flag, backflag, switches,

muscle ups, spins, roll-ups and more. Prerequisites for this class are healthy shoulders and wrists. (Please bring: comfortable clothes and a water bottle)

### **Aerial Conditioning with Bryan**

**Sundays 2:00-3:00**

(Chateau de Cirque, 6956 Saint Denis St) — This class is designed to help students in their journey towards strong inverts, clean lines, and achieving all your strength and flexibility goals. You can expect a dynamic fusion of conditioning exercises and targeted flexibility training on the ground and conditioning exercises and movements in the air on apparatuses including silks, aerial rope, and aerial straps. Whether you're a beginner aspiring to nail your first invert or an advanced aerialist striving to perfect your lines or get your first muscle up, this class caters to all skill levels! (Please bring: comfortable clothes and a water bottle)

### **Silks with Payton**

**Sundays 3:00-4:00**

(Chateau de Cirque, 6956 Saint Denis St) --- This all level silks class will teach you cute poses, transitions and of course drops. Students will be taught sequences at their level with a variety of solo and doubles moves to create a fun choreography. (Please bring: a shirt that you can tuck in, pants or leggings, and a water bottle)