

2018 WEEKLY SCHEDULE

ZENSUAL DANCE FITNESS

MONDAYS		FRIDAYS		
6:20 PM	CHAIR DANCE FITNESS ALL LEVELS A choreographed dance incorporating moves on the chair, on foot, and on the floor.	6:30 PM 1 ST & 3 RD WEEK	CONTEMPORARY FLOW ALL LEVELS Think (and dance) outside the box by exploring interpretive, lyrical, and experimental dance styles.	
	<i>Location: Clique Studios 10 minute drive from MoveStudio</i>		6:30 PM 2 ND & 4 TH WEEK	POLE DANCING LEVELS 2-4 Intermediate-level pole dancing with a focus on flow, choreography, and finishing touches.
7:40 PM	POLE FLIGHT FITNESS ALL LEVELS A combo of cardio & conditioning designed to expedite your pole progress!	SATURDAYS		
8:40 PM	POLE TRICKS LEVELS 2-4 Aerial conditioning and intermediate pole moves. Prerequisite required.	12:30 PM	XTREME FLEX ALL LEVELS Your weekly dose of all things stretchy, flexy, and contorty! A combo of solo & partnered exercises.	
		<i>Location: Clique Studios 10 minute drive from MoveStudio</i>		
TUESDAYS		12:30 PM	POLE TRICKS LEVELS 3-4 Aerial conditioning and advanced pole moves. Prerequisite required.	
7:15 PM	EVERYTHING BUT POLE LEVELS 3-6 Improve your mobility with handsprings, on/off-pole splits, handstands, and bridge/backbend walk-overs.	1:50 PM	POLE DANCING LEVELS 1-2 The dancier side of pole, focusing less on tricks and more on flow, choreography, and finishing touches.	
	<i>Location: Clique Studios 10 minute drive from MoveStudio</i>		SUNDAYS	
7:30 PM	POLE FLIGHT FITNESS LEVELS 1-2 A combo of cardio & conditioning designed to expedite your pole progress!	1 ST SUNDAY	1:00 PM	AERIAL HOOP BEGINNER Get in the loop! Also known as "lyra", aerial hoop is a great compliment (or alternative) to pole. Prerequisite required.
8:40 PM	POLE TRICKS LEVELS 1-2 Beginner-level tricks, including spins, basic climbs, and thigh holds.		2:30 PM	INTRO TO POLE & ZENSUAL DANCE FITNESS A wonderful introduction to our signature style of dance and our pole curriculum.
WEDNESDAYS			3:45 PM	SPECIALTY OR COMPETITION CLASS Visit zensualdance.com to see what's current, as this time slot varies month to month.
12:15 PM	LOW FLOW+POLE ALL LEVELS Explore transitions, floorwork, and elements of flow around the base of the pole.	2 ND SUNDAY	1:00 PM	AERIAL HOOP BEGINNER Get in the loop! Also known as "lyra", aerial hoop is a great compliment (or alternative) to pole. Prerequisite required.
1:15 PM 45 MINS	OPEN STUDIO & COMPETITION PRACTICE An opportunity for students and competitors of all levels to practice on their own time, at their own pace.		2:30 PM	FEATURED WORKSHOP Visit zensualdance.com to see what's current, as this time slot varies month to month.
7:30 PM	POLE FLIGHT FITNESS ALL LEVELS A combo of cardio & conditioning designed to expedite your pole progress!	3 RD SUNDAY	1:00 PM	AERIAL HOOP ALL LEVELS Beginner, intermediate, or advanced, all lyra practitioners are welcome in this class.
8:30 PM	ZENSUAL SIX WEEK SERIES ALL LEVELS Our progressive weekly series. Visit zensualdance.com to see what's current.		2:30 PM	POLE DANCING LEVELS 1-2 The dancier side of pole, focusing less on tricks and more on flow, choreography, and finishing touches.
8:40 PM	XTREME TRICKS LEVELS 4-6 Advanced pole moves, climbs, and combos. Prerequisite required.		3:45 PM	SPECIALTY OR COMPETITION CLASS Visit zensualdance.com to see what's current, as this time slot varies month to month.
THURSDAYS		4 TH SUNDAY	1:00 PM	AERIAL HOOP INTERMEDIATE/ADVANCED Work with fewer points of contact on the hoop, requiring a greater degree of strength, flexibility and conditioning.
7:30 PM	POLE DANCING LEVELS 1-2 The dancier side of pole, focusing less on tricks and more on flow, choreography, and finishing touches.		2:30 PM	OPEN STUDIO & COMPETITION PRACTICE An opportunity for students and competitors of all levels to practice on their own time, at their own pace.
8:40 PM	POLE AFTER DARK ALL LEVELS Pole dancing at its roots! Get ready to dance dirty in a dim studio... and don't forget your heels. Prerequisite required.			

Zensual Dance Fitness @ MoveStudio | 17062 Preston Rd • Suite 108 • Dallas, TX 75248
 Zensual Dance Fitness @ Clique Studios | 2385 Midway Rd • Suite 100 • Carrollton, TX 75006
 10 minute drive between studios

To manage your schedule, download the app at zensualdance.com/mobile

