

Friday	Pole Room 1	Pole Room 2	Pole Room 3	Non Pole Room	Non Pole Room 2
9am	Ken Kao "Intro to Pole Acrobatics" (All Levels)	Yumiko Harris "Low Flow Glow" (All Levels)	Heidi Coker, Floor to Pole Transitions (Int/Adv)	Sergia Louise Anderson "Salsa Ladies Styling" (All Levels)	Twisted Bodies, Acro Pops and Transitions (All Levels)
1030am	Stella Fink, "Liquid Static Rotations® " (All Levels)	Ashley Fox, Signature Tricks and Combos (All Levels)	Natasha Wang "Get Off the Floor" (Int-Adv)	Nia Burks, "Filth: Tip Rail" (All Levels)	Pink Puma, "Bendability" (All Levels)
12pm	Michelle Natoli "Pop It & Drop It" (Int-Adv)	Shania Cruca, "The Art of Spin Pole" (Int-Adv)	Karol Helms "All Things Handsprings and Aeyshas" (Int-Adv)	Heather Williams, "Butter: Spread" (All Levels)	Jordan Kensley "Succubus Training: Lap Dance" (All Levels)
130pm	Nicole the Pole "Handsprings & Iron X Whisperer" (Int-Adv)	Heidi Coker "Interesting Combos" (Int)	Phoenix Kazree "Fly Girl Workshop" (Int/Adv)	Rodney "Mr. Burlesque" James "MOJO 5678" (All Levels)	Flexibility Script "RELEASE: A Flexibility Script Workshop " (All Levels)
3pm	Sergia Louise Anderson "Pole Assisted Leaps, Jumps and Rolls" (All Levels)	Leah Franklin "Fly Like an Eagle" (Adv)	Vertical Joes, "Twerk on the Pole" (All Levels)	Lindsay Lithe "Metal Heels - Floorwork Style!" (All Levels)	Nadia Sharif "AcroDance" (All Levels)
430pm	Pink Puma, "Pole Combos" (Int-Adv)	Jeni Janover, Liquid Motion, "Face Down Ass Up" (Int)	Bendy Kate "Grounded" (All Levels)	Sarah Jade, "Slink, Straddle, and Roll" (All Levels)	Jai Lyles "P.A.D.M.E. - {Lotus Flower} Pole, Asana, Dance, Mobility & Essence" (All Levels)
6pm	Lindsay Lithe, "Spin Pole FLARE" (All Levels)	Magnus Labbe "Magnus' Secret Tricks and Combos" (Int-Adv)	Sergia Louise Anderson "Storytelling with the Pole" (All Levels)	Apollo Sa'Deek "Ghetto Stiletto" (All Levels)	Dr. Jen Crane of Cirque Physio "Save Your Shoulders" (All Levels)
end 730pm					

Green = all levels or beginner Orange = intermediate, basic climbing and basic inversion Purple = advanced inversions and combinations

**NOTE: some workshops are a level range such as Intermediate-Advanced. Please read full descriptions in the schedule.*

Saturday	Pole Room 1	Pole Room 2	Pole Room 3	Non Pole Room	Non Pole Room 2
9am	Bendy Kate "Pole Fiction" (All Levels)	Samantha Star, Fonjis fr Life (Adv)	Michelle Abruzzesse "Ride the Waves" (All Levels)	Sammy Wong "Floor as Apparatus: Contemporary Floorwork" (All Levels)	Alicia "KinkySweat" Archer "Flex Haus: Full Body" (All Levels)
1030am	Zoraya Judd "Shortcut to Awesome" (All Levels)	Heidi Coker "Poletastic Gymnastics" (Int-Adv)	Crystal Belcher, "Magic in the Mistakes" (Int)	Ashley Fox, Bendy and Flexy (All Levels)	Vertical Joes, 99 Ways to Twerk (All Levels)
12pm	Brian Wolf "Russian Exotic Pole/ Advanced Exotic" (Int-Adv)	Greta Pontarelli "Mastering the Deadlift" (Adv)	Elizabeth Carmine Black "Exotic Swag" (All Levels)	Michelle Abruzzesse, "Dance to Compete, Perform to Win" (All Levels)	Dr. Jen Crane of Cirque Physio "Save Your Shoulders" (All Levels)
130pm	Tanya Christopher "Vertical Kidz" Ages 5-13	Natasha Wang "Just Wang It: Signature Pole Tricks Beg-Int" (Beg-Int)	Sarah Jade, "Bad to the Chrome" (All Levels)	Marlo Fisken, "Floor Flow®" (All Levels)	Dr. Jen Crane of Cirque Physio "Banish Your Back Pain" (All Levels)
3pm	Anna Kia "Trans-Ique 2.0: Low Flow" (All Levels)	Nadia Sharif "Urban Pole - Pole in Pants" (All Levels)	Phoenix Kazree "Signature Tricks, Transitions and Combs" (Int/Adv)	Brittnai Pytlar, "Releasing the Kraken: Stage Mounting and Floor F*ckery" (Beg-Int)	Samantha Star, INVERTable (All Levels)
430pm	Jordan Kensley "HO-reography" (All Levels)	Roz the Diva "Inverts and Climbs 101" (Beg-Int)	Jordan Mazur "Throwing 'Bows" (Int)	Jeni Janover, Liquid Motion, "Understanding Sequential Connection in your floor work" (All Levels)	Mary Caryl "Splits, Extensions and Pointed Toes" (All Levels)
6pm	Nadia Sharif "Drops!" (Int-Adv)	Marlo Fisken, Pole Flow® (All Levels)	Shania Cruea "More Than Just Tricks" (Int-Adv)	Elizabeth Carmine Black "Sensual Flow" (All Levels)	Vertical Joes "Strip and Stroke" (All Levels) Ladies Only 18+
end 730pm					

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Sunday	Pole Room 1	Pole Room 2	Pole Room 3	Non Pole Room	Non Pole Room 2
9am	Michelle Natoli "Turn Me On, Get Me Off" (Int)	Nicole the Pole "Inversions University " (Int)	Natasha Wang "Just Wang It: Signature Pole Tricks Int-Adv" (Int-Adv)	Gemma Lux, "Get Grounded" (All Levels)	Karol Helms "Sexy Slinky Chair" (All Levels)
1030am	Ken Kao "Easy Can Look Hard" (Int)	Anna Kia "Exotic Power Pole" (All Levels)	Fab Pole (Int)	Rafaela Montaro, "Floor Work: Strong & Sexy" (All Levels)	Takelia Fox "Bottoms Up Twerkshop" (All Levels)
12pm end 130pm	Elizabeth Carmine Black "Evocative" (All Levels)	Zoraya Judd "Everything Handspring" (Int-Adv)	Marlo Fisken, "Pole Flow® Rotations: the Art of Aerial Spinning on a Static Pole" (Int-Adv)	AccroBrandon "Next Level \$H!T (an Acro Dance workshop)" (All Levels)	Archer, H2O (All Levels) Starts 1215pm

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