



1, 2, 3...Work that Body! We have a variety of classes for the ladies who love to get fit and get hip.

Get Bodied with our Bootylicious Boot Camp or Get your Sexy on with our Stiletto Workout.

Our Class schedule includes the following:

- [Pole Basics](#)
- [Pole Intermediate](#)
- [Pole Advanced](#)
- [Pole Dance \("Erotic"\)](#)
- [Sensual Floor Work](#)
- [Chair Fit](#)
- [Learn To Lapdance](#)
- [Intro To Stripping](#)
- [Performance Stripping](#)
- [Stiletto Workout](#)
- [Happy Home Project](#)

Who would've thought working out could look this good?



We have [classes available](#) for the Beginner, Intermediate and Advanced.