

JANUARY 2025

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2025

Due to COVID, no walk-ins are accepted
Pre-registration or private appointments only
Appointments booked 7 days/week
Parties booked Friday - Sunday



www.floorplaydance.com
302-307-9126
hello@floorplaydance.com

MARCH 2025

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parties and Private lessons are booked seven days a week.	Playgrounds (Practice Time) One/\$12, Fifteen/\$100 expires in five months	55-min. Live Classes: Single drop-in \$25 Four/\$90, Eight/\$170	2-hour Workshops \$50 per person transferrable to PoleStudio			7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow 3:10p Intermediate-level Freedom Swing Review
12:50 Writing Your Story Through Your Chakras 2pm Playground	9:20a Vinyasa Flow	7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	9:20a Vinyasa Flow	7am Grand Risings Flow 4:20p Restorative Flow 6:40p Empath Energy Cleansing Sound Bath	4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 9pm Playground	7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow Intermediate-level 3:10p Freedom Swing Review
9a Sounds o'Serenity Sound Bath 12:50p WriteYourStory ThroughChakras 1pm Shimmy & Shine Wrkshp 2pm Playground	9:20a Vinyasa Flow 7:50p Chair Dance 1/6	7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	9:20a Vinyasa Flow 1pm Beginner Line Dance 2:15p Improver Line Dance 6:40p Slay 'N Slow Motion	7am Grand Risings Flow 4:20p Restorative Flow 6pm Lap Dance Workshop 6:40p Valentine's Sound Bath	Valentine's Day 4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 9pm Playground	7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow Intermediate-level 3:10p Freedom Swing Review
12:50 Writing Your Story Through Your Chakras 1pm Saucy Saidi Workshop 2pm Playground	Presidents' Day 9:20a Vinyasa Flow 7:50p Chair Dance 2/6	7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	9:20a Vinyasa Flow	7am Grand Risings Flow 4:20p Restorative Flow 6:40p Gong Bath	4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 9pm Playground	7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow 2 - 4 pm Reiki Share 3:10p Freedom Swing Review
9am Chakra Balancing Sound Bath 12:50p WriteYourStory ThroughChakras 2pm Playground	9:20a Vinyasa Flow 7:50p Chair Dance 3/6	7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	9:20a Vinyasa Flow 1pm Beginner Line Dance 2:15p Improver Line Dance 6:40p Slay 'N Slow Motion	7am Grand Risings Flow 4:20p Restorative Flow	4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 9pm Playground	6p NAUGHTY GRAS Pajamas Party, \$15pp costumes optional lite fare included

Grand Risings Flow, Restorative Flow, Balance/Mobility, and Empowerment/Meditation Flow = Carrie, crhealing222@gmail.com
Writing Your Story Through Your Chakras and all Sound Baths = Alisa, alisa@serenitywritingworks.com
Vinyasa Flow Yoga = Brittaney, brittaney@rootednestyoga.com
Line Dancing = Ray, linedancingwithraymuller@gmail.com

Partner Dance Key: Total Beginner, lvl 0 / Advanced Beginner, lvl 1 / Confident Beginner, lvl 1.5 / Intermediate, lvl 2 / High Intermediate, lvl 2.5 / Advanced, lvl 3