

April 2020

Mondays 12-7pm / Tuesdays 2-9p
Wednesdays 2-7p / Fridays 2-8p
Saturdays by appointment


Appointments booked 7 days/week
Parties booked Friday - Sunday

ELEVATIONS Studio

RAISE YOUR POTENTIAL

470 Century Blvd Wilmington, DE 19808
302-696-2100 hello@elevations.studio

DELAWARE Pole Fitness
DelawarePoleFitness.com
302-696-2101 delawarepole@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29  GAME ON! Student Showcase 6pm Showtime! \$45 per ticket Catered dinner included	30 Studio Closed for Post-Showcase recovery <i>LAB 8pm Lupita Zumba</i> <u>Haddonfield School of Dance</u> 7:15p Beginner WCS 8:15p Intermediate WCS 9pm FREE WCS Practica	31 Studio Closed for Post-Showcase recovery <i>LAB 8pm Lupita Zumba</i>	1 4:20p Playground 5:25p Pole Tricks (lvl 3+ Alyssa) 6:30p Pole Flow (lvl 2+ Alyssa) 7:35p Intro to Pole ^{1/1} LAB 6pm West Coast Swing Intensive (all beginner material reviewed) <i>LAB 8pm Lupita Zumba</i>	2 <i>LAB 8pm Lupita Zumba</i> <u>Cecil College, Elkton Station:</u> 5pm Swing Dance ^{2/6} 6pm Swing Dance II ^{2/6} 7pm Latin Dance I ^{2/6}	3 5:25p Climbing (lvl 1.5) 6:30p Beginner Pole Basics ^{1/4} <i>LAB 8pm Lupita Zumba</i>	4 12pm Pole 2 1:05p Climbing (lvl 1.5) 2:10p Heels & Floorwerk 3:15p Playground (both rms) <i>LAB 7am Lupita Zumba</i>
5 <i>LAB 7pm Lupita Zumba</i> <u>Dance Haddonfield</u> 6pm Interm. V.Waltz Lesson 7pm Beginner Rumba Lesson 8pm Social Dance	6 12p Beginner Pole Basics ^{1/4} 3:15p Playground (both rms) 4:20p Pole Conditioning 5:25 Kids Pole 6:30p Pole 2 <u>Haddonfield School of Dance</u> 8:15p Intermediate WCS 9pm FREE WCS Practica	7 Full Moon 5:25p 6:30p Beginner Pole Basics ^{1/4} 7:35p Pole 2 8:40p Playground LAB 5:25p TB West Coast Swing ^{2/4} LAB 6:40pm Belly Dance (Lorelei) <i>LAB 8pm Lupita Zumba</i>	8 4:20p Playground 5:25p Pole Tricks (lvl 3+ Alyssa) 6:30p Pole Flow (lvl 2+ Alyssa) 7:35p Beginner Pole Basics ^{1/4} LAB 5:25p AB Salsa/Bachata ^{1/4} LAB 6:30p Int West Coast Swing ^{1/4} <i>LAB 8pm Lupita Zumba</i>	9 <i>LAB 8pm Lupita Zumba</i> <u>Cecil College, Elkton Station:</u> 5pm Swing Dance ^{3/6} 6pm Swing Dance II ^{3/6} 7pm Latin Dance I ^{3/6}	10 5:25p Climbing (lvl 1.5) 6:30p Beginner Pole Basics ^{2/4} 8pm Goddess Barre ^{1/1} <i>LAB 8pm Lupita Zumba</i>	11 12pm Pole 2 1:05p Climbing (lvl 1.5) 2:10p Heels & Floorwerk <i>LAB 7am Lupita Zumba</i>
12 Easter <u>Dance Haddonfield</u> 6pm Interm. V.Waltz Lesson 7pm Beginner Hustle Lesson 8pm Social Dance	13 12p Beginner Pole Basics ^{2/4} 3:15p Playground (both rms) 4:20p Pole Conditioning 5:25 Kids Pole 6:30p Pole 2 <u>Haddonfield School of Dance</u> 8:15p Intermediate WCS 9pm FREE WCS Practica	14 5:25p 6:30p Beginner Pole Basics ^{2/4} 7:35p Pole 2 8:40p Playground LAB 5:25p TB West Coast Swing ^{2/4} LAB 6:40pm Belly Dance (Lorelei) <i>LAB 8pm Lupita Zumba</i>	15 4:20p Playground 5:25p Pole Tricks (lvl 3+ Alyssa) 6:30p Pole Flow (lvl 2+ Alyssa) 7:35p Beginner Pole Basics ^{2/4} LAB 5:30p AB Salsa/Bachata ^{2/4} LAB 6:30p Int West Coast Swing ^{2/4} <i>LAB 8pm Lupita Zumba</i>	16 <i>LAB 8pm Lupita Zumba</i> Philly Dancesport Champs <u>Cecil College, Elkton Station:</u> 5pm Swing Dance ^{4/6} 6pm Swing Dance II ^{4/6} 7pm Latin Dance I ^{4/6}	17 Philly Dancesport Champs 5:25p Climbing (lvl 1.5) 6:30p Beginner Pole Basics ^{3/4} Heteos & Villains 8pm CHEZ NOUS PARTY \$10 per person, pajamas welcome <i>LAB 8pm Lupita Zumba</i>	18 Philly Dancesport Champs 12pm Pole 2 1:05p Climbing (lvl 1.5) 2:10p Heels & Floorwerk <i>LAB 7am Lupita Zumba</i>
19 <i>LAB 7pm Lupita Zumba</i> <u>Dance Haddonfield</u> 6pm Interm. V.Waltz Lesson 7pm Beginner Bolero Lesson 8pm Social Dance	20 12p Beginner Pole Basics ^{3/4} 3:15p Playground (both rms) 4:20p Pole Conditioning 5:25 Kids Pole 6:30p Pole 2 <u>Haddonfield School of Dance</u> 8:15p Intermediate WCS 9pm FREE WCS Practica	21 5:25p 6:30p Beginner Pole Basics ^{3/4} 7:35p Pole 2 8:40p Playground LAB 5:25p TB West Coast Swing ^{3/4} LAB 6:40pm Belly Dance (Lorelei) <i>LAB 8pm Lupita Zumba</i>	22 4:20p Playground 5:25p Pole Tricks (lvl 3+ Alyssa) 6:30p Pole Flow (lvl 2+ Alyssa) 7:35p Beginner Pole Basics ^{3/4} LAB 5:30p AB Salsa/Bachata ^{3/4} LAB 6:30p Int West Coast Swing ^{3/4} <i>LAB 8pm Lupita Zumba</i>	23 <i>LAB 8pm Lupita Zumba</i> <u>Cecil College, Elkton Station:</u> 5pm Swing Dance ^{5/6} 6pm Swing Dance II ^{5/6} 7pm Latin Dance I ^{5/6}	24 5:25p Climbing (lvl 1.5) 6:30p Beginner Pole Basics ^{4/4} <i>LAB 8pm Lupita Zumba</i>	25 12pm Pole 2 1:05p Climbing (lvl 1.5) 2:10p Heels & Floorwerk <i>LAB 7am Lupita Zumba</i>
26 <i>LAB 7pm Lupita Zumba</i> <u>Dance Haddonfield</u> 6pm Interm. WCS Lesson 7pm Beginner Foxtrot Lesson 8pm Social Dance	27 12p Beginner Pole Basics ^{4/4} 3:15p Playground (both rms) 4:20p Pole Conditioning 5:25 Kids Pole 6:30p Pole 2 <u>Haddonfield School of Dance</u> 8:15p Intermediate WCS 9pm FREE WCS Practica	28 5:25p 6:30p Beginner Pole Basics ^{4/4} 7:35p Pole 2 8:40p Playground LAB 5:25p TB West Coast Swing ^{4/4} LAB 6:40pm Belly Dance (Lorelei) <i>LAB 8pm Lupita Zumba</i>	29 4:20p Playground 5:25p Pole Tricks (lvl 3+ Alyssa) 6:30p Pole Flow (lvl 2+ Alyssa) 7:35p Beginner Pole Basics ^{4/4} LAB 5:30p AB Salsa/Bachata ^{4/4} LAB 6:30p Int West Coast Swing ^{4/4} <i>LAB 8pm Lupita Zumba</i>	30 <i>LAB 8pm Lupita Zumba</i> <u>Cecil College, Elkton Station:</u> 5pm Swing Dance ^{6/6} 6pm Swing Dance II ^{6/6} 7pm Latin Dance I ^{6/6}	1 <i>LAB 8pm Lupita Zumba</i>	2 <i>LAB 7am Lupita Zumba</i>
3 Classes are 55 mins. All listed above the line are in the Party Room. Classes in the LAB are listed below the line	4 Parties and studio tours scheduled 7 days a week! Private and semi-private lessons for 1-5 persons or couples available for all services.	Note: changes in class times apply ~ 10:55a, 12p, 1:05p, 2:10p, 3:15p, 4:20p, 5:25p, 6:30p, 7:35p, 8:40p Pole Fitness & Dance Levels: Beginner Pole Basics, Climbing, Beginner Pole Heels, Pole 2, Flow (Femmeography), Inversion Training, Pole Tricks Partner Dancing Levels: Total Beginner (TB) / Advanced Beginner (AB) / Confident Beginner (CB) / Intermediate (Int) / High Intermediate (HI) BLUE Classes are partner-dance related. Purple classes are fitness/solo-dance related.				