

LadyCat Pole Fitness & Dance Studio

(203) 206-4209

Pre-Register Now For All 6 Week Beginner Pole Level Classes! Check the schedule for all dates and times!

Pre-Register NOW for any or ALL of these classes or Workshops!

Who says Summer Camp is just for kids? Sign up now for our Summer Booty Camp! Check Schedule for start dates and times!

Zumba Fitness Starting July 11th Call to Reserve a Spot or Walk-in, 10 people per class so 1st come 1st serve!

Hip Hop Dance WorkShop Friday July 15th 5:15-6:15p-----Dates of Classes TBA

Sensual Pole & Floor Dance Workshop (Monday July 11th 7:30-8:30p) 3 Session Classes Start July 18th

Belly Dancing WorkShop Date TBA Call for more info!

Schedule

Monday

11-12p Beg. Pole Dance Level 1 (STARTS JULY 18TH) Gayle or Tia

4:30-5:15p Zumba Fitness (STARTS JULY 11TH) Kalen

5:30-6:30p Beginner Pole Level I- 6 week class (Started) Kalen

6:15-7:15p Zumba Fitness (STARTS JULY 11TH) Kalen

Tuesday

12-1p Pole Fitness Beginner Aerobics (STARTS JULY 12TH) Tia

5:15-6:15 Beg. Pole Dance Level 1 (STARTS JULY 19TH) Kalen

6:30-7:30 BOOTY CAMP (STARTS JULY 5TH) Sarah

7:45-8:30p Sensual Pole & Floor Dance (STARTS JULY 18TH) Sarah

Wednesday

11-12:15p BOOTY CAMP (STARTS JULY 6TH) Lisa

12:30-1:30 Pole Fitness Beg. Aerobics (STARTS JULY 13TH) Lisa

4:45-5:45p Open Pole or Make-Up Session Tia/Gayle

6-7p Zumba Fitness (STARTS JULY 13TH) Kalen

7:30-8:30p Beginner Pole I 6 week class (Started) Sarah

Thursday

12-1p Beginner Pole Dance Level 1 (STARTS JULY 21ST) Tia or Gayle

5:15-6:15p Beginner Pole Dance Level 1 (START JULY 7TH) Kalen

6:30-7:30 Beginner Pole Level II 6 Week Class (Started) Danielle

7:35-8:35p Intro to Pole and Strength Training (Sign-up/Drop-in) Danielle

Friday

11-12p Yoga (STARTS JULY 22ND) Gayle

2:30-3:30p Open Pole or Make-up Session

5-6p Hip Hop Dance Fridays (WORKSHOP JULY 15TH)

6:15-7:30p BOOTY CAMP (STARTS JULY 8TH) Sarah

Saturday

10:30-12p BOOTY CAMP (STARTS JULY 9TH) Lisa

12:15-1:15 Beginner Pole Dance Level II (STARTS JUNE 25TH)

1:30-3p Instructors Class Only!

3:15-4:15p Beginner Pole Dance Level I (STARTS JULY 9TH)