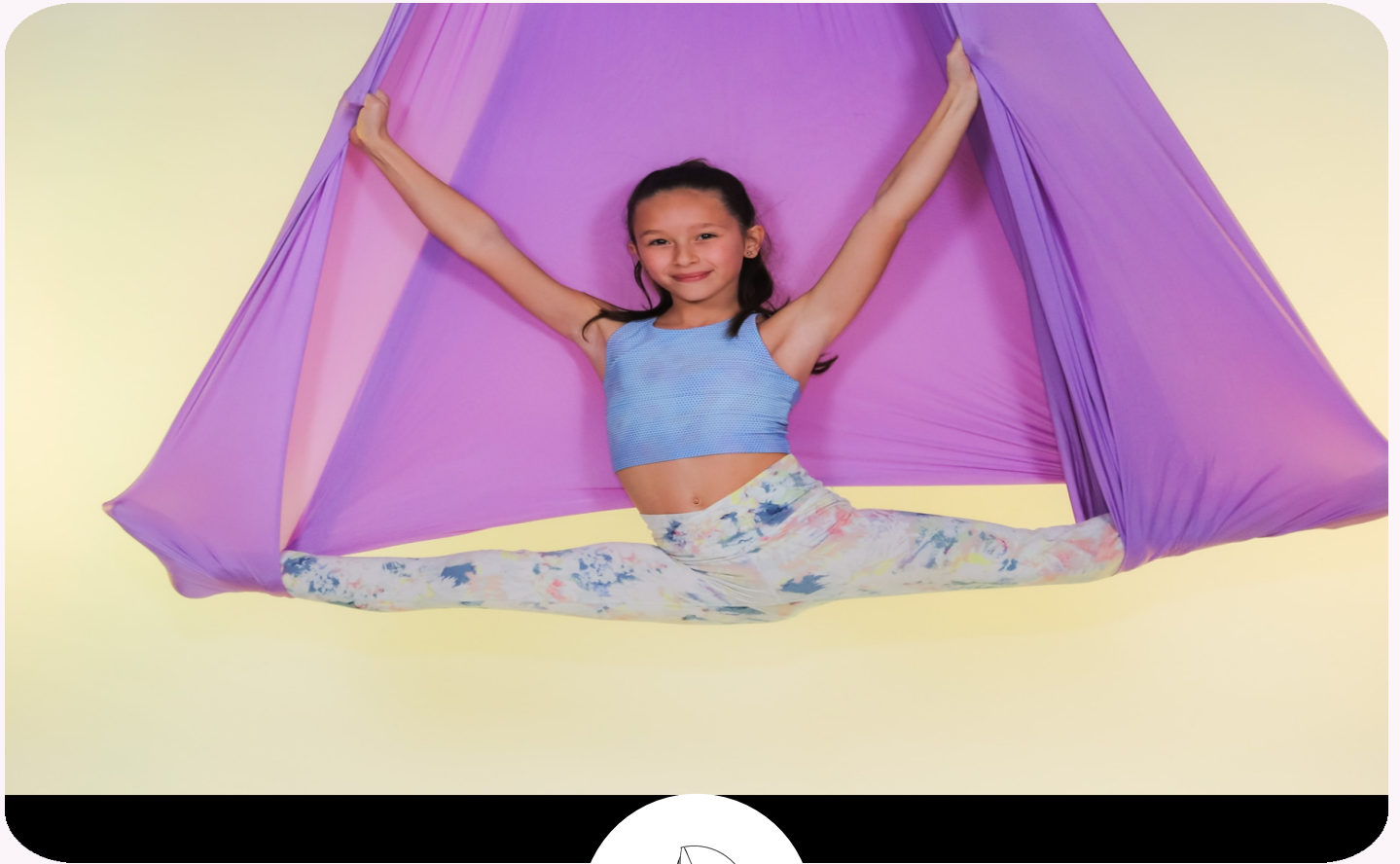




Flexibility in Flight

Full Weekly Schedule · Aerial, Pole & Floorwork



EFFECTIVE SEPTEMBER 20, 2026



Chester, NY · flexibilityinflight.com · Book online any time



Weekly Class Schedule

Full Weekly Schedule · Aerial, Pole & Floorwork · Effective September 20, 2026

Sunday

● 9:00 AM	Open Level Aerial Fabric (Split Silks)	Amanda Jane
● 10:00 AM	Aerial Hammock Silks for Beginners	Amanda Jane
● 11:15 AM	Intro to Lyra Aerial Hoop	Amanda Jane
● 12:30 PM	Aerial Yoga	Nicole Jacobsen

Monday

● 12:00 PM	Open Studio	Kasha J
● 6:00 PM	Beginner Pole Dance	Lilith Belasco
● 7:00 PM	Open Studio	Lilith Belasco
● 8:00 PM	Pole Level 1	Lilith Belasco
● 9:00 PM	Pole Level 2	Lilith Belasco

Tuesday

● 5:00 PM	Beginner Pole Dance	Ashleigh Diaz
● 6:15 PM	Open Level Aerial Fabric (Split Silks)	Terra Meierdierck Miller
● 7:30 PM	Open Level Lyra Aerial Hoop	Terra Meierdierck Miller
● 8:45 PM	Beginner Pole Dance	Theresa O'Leary

● Silks & Fabric ● Lyra Hoop ● Hammock, Sling & Yoga ● Pole ● Floorwork ● Open Studio

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Weekly Class Schedule (cont.)

Full Weekly Schedule · Aerial, Pole & Floorwork · Effective September 20, 2026

Wednesday

● 3:30 PM	Open Studio	Caitlyn Houseman
● 4:45 PM	Flow & Glow: Beginner Pole Fluidity	Caitlyn Houseman
● 6:00 PM	Lyra Fluidity	Nicole Jacobsen
● 7:15 PM	Open Level Hammock Silks	Nicole Jacobsen
● 8:30 PM	Open Level Aerial Sling	Nicole Jacobsen

Thursday

● 9:30 AM	Open Studio	Sarah Hudak
● 4:45 PM	Open Level Lyra Aerial Hoop	Sergia Hernandez
● 6:00 PM	Open Level Aerial Fabric (Split Silks)	Sergia Hernandez
● 8:00 PM	Hula Hoop Dance: Find Your Flow	Lauren Lynch
● 9:00 PM	Exotic Pole	Lauren Lynch

Friday

● 7:15 PM	Liquid Floorwork	Paskalini Savopoulos
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Saturday

● 9:00 AM	Pole Level 1	Rachael Salazar
● 10:00 AM	Pole Level 2	Theresa O'Leary
● 11:15 AM	Intro to Lyra Aerial Hoop	Ellen Rosenshein
● 12:30 PM	Lyra Level 1	Ellen Rosenshein

● Silks & Fabric ● Lyra Hoop ● Hammock, Sling & Yoga ● Pole ● Floorwork ● Open Studio

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