



NOV 2026

DEVIANT DANCE & FITNESS STUDIO
103 W SENECA ST, MANLIUS | 315-276-8657
ADULT-CENTERED CLASSES. ALL OF THE TIME.

SUN MON TUE WED THUR FRI SAT

8:30 - 9:45 AM

LYRA
(ALL LEVELS)

10 - 11:15 AM

DANCE
DECONSTRUCTED
(GREAT INTRO TO
CARDIO DANCE)

11/8

11AM - 1PM
ALZHEIMER'S
WALK AT OCC
(NO DECONSTRUCTED)

5:45 - 6:40 PM
CARDIO DANCE

7 - 8:15 PM

MAVENS
OF MOVEMENT

11/2

SMOKIN' HOT
JAZZ

11/9

CONTEMPORARY

11/23

DRILLS & SKILLS

5:15 - 6:00 PM
BARRE

6:15 - 7:15 PM

11/3 & 11/17
LYRA LEVEL 2+

11/10 & 11/24

SILKS
FUNDAMENTALS

7:30 - 8:30 PM

11/3 & 11/17
LYRA
FUNDAMENTALS
11/10 & 11/24
LYRA ALL LEVELS

5:45 - 6:45 PM
11/4 & 11/18
POLE
FUNDAMENTALS

11/11
POLE LEVEL 1/2

7 - 8:15 PM

11/4
POLE LEVEL 2+

11/11
POLE LEVEL 3/4

11/18
POLE DOUBLES

5:15 - 6:00 PM
BARRE

6:15 - 7:10 PM
CARDIO DANCE

7:25 - 8:40PM

MAVENS
OF MOVEMENT

11/5
FLOOR PLAY
11/12
HEELS
11/19
HIP HOP

9:30 - 10:45 AM

POLE
(LEVEL 1 & 2)

9:00 - 9:45 AM

BARRE

10:00 - 10:55 AM
CARDIO DANCE

11:15 - 12:15PM
11/7 & 11/21
POLE 2+

11/14
POLE
FUNDAMENTALS

12:30 - 1:30PM
11/7 & 11/21
POLE
FUNDAMENTALS

11/14
SILKS ALL LEVELS

HIGHLIGHTED IN YELLOW IS PERFECT
FOR ABSOLUTE BEGINNERS!

STUDIO CLOSED NOV 25 - 28

INCLUSIVE, RECREATIONAL MOVEMENT
ADULTS OF ALL AGES &
EXPERIENCE LEVELS WELCOME