



SEPT 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)

5:45 - 6:40 PM
CARDIO DANCE

7 - 8:15 PM

MAVENS
OF MOVEMENT

9/14

POLE DOUBLES

9/21

SMOKIN' HOT
JAZZ

9/28

CONTEMPORARY

5:15 - 6:00 PM

BARRE

6:15 - 7:15 PM

9/1, 9/8 & 9/22

LYRA LEVEL 2+

9/15 & 9/29

SILKS
FUNDAMENTALS

7:30 - 8:30 PM

9/8 & 9/22

LYRA
FUNDAMENTALS

9/15 & 9/29

LYRA ALL LEVELS

5:45 - 6:45 PM

9/2, 9/16 & 9/30

POLE
FUNDAMENTALS

9/9 & 9/23

POLE LEVEL 1/2

7 - 8:15 PM

9/16

POLE DOUBLES

9/9 & 9/23

POLE LEVEL 3/4

9/30

POLE LEVEL 2+

5:15 - 6:00 PM

BARRE

6:15 - 7:10 PM

CARDIO DANCE

7:25 - 8:40 PM

MAVENS
OF MOVEMENT

9/17

FLOOR PLAY

9/24

TWERK

10/1

CONTEMP POLE

9:30 - 10:45 AM

POLE
(LEVEL 1 & 2)

9:00 - 9:45 AM

BARRE

10:00 - 10:55 AM

CARDIO DANCE

11:15 - 12:15 PM

9/12 & 9/26

POLE
FUNDAMENTALS

9/19 & 10/3

CONTEMPORARY
POLE

12:30 - 1:30 PM

9/12

SILKS ALL LEVELS

9/19

POLE
FUNDAMENTALS

HIGHLIGHTED IN YELLOW
IS PERFECT FOR
ABSOLUTE BEGINNERS!

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