DEC 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 BEGINNER CHAIRLESQUE 11/30 - WEEK 1 12/7 - WEEK 2 12/14 - WEEK 3 12/21 - WEEK 4	***** 5:15 - 6:00 PM BARRE 6:15 - 7:15 PM 12/1 & 12/15 LYRA LEVEL 2+ 12/8 & 12/22 SILKS FUNDAMENTALS 7:30 - 8:30 PM 12/1 & 12/15 LYRA FUNDAMENTALS 12/8 LYRA ALL LEVELS	***** 5:45 - 6:45 PM 12/2, 12/9 & 12/16 POLE FUNDAMENTALS 12/23 & 12/30 CONTEMPORARY POLE 7 - 8:15 PM 12/2 & 12/9 POLE LEVEL 2+ 12/16 POLE DOUBLES	***** 5:15 - 6:00 PM BARRE 6:15 - 7:10 PM CARDIO DANCE 7:25 - 8:40PM INTERMEDIATE CHAIRLESQUE 12/3 - WEEK 1 12/10 - WEEK 2 12/17 - WEEK 3	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 12/5 & 12/12 POLE 2+ 12/19 POLE FUNDAM 12:30 - 1:30PM 12/5 POLE FUNDAM 12/12 SILKS ALL LEVELS 12/19 CONTEMP POLE

HIGHLIGHTED IN YELLOW IS PERFECT FOR ABSOLUTE BEGINNERS!

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

STUDIO CLOSED DEC 24-27, 31 & JAN 1