



AUGUST 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
8/03 - WEEK 1
8/10 - WEEK 2
8/17 - WEEK 3
8/24 - WEEK 4

5:15 - 6:00 PM
BARRE

6:15 - 7:15 PM

8/4 & 8/18
LYRA LEVEL 2+
8/11 & 8/25
SILKS
FUNDAMENTALS

7:30 - 8:30 PM

8/4 & 8/18
LYRA
FUNDAMENTALS
8/11 & 8/25
LYRA ALL LEVELS

5:45 - 6:45 PM
8/5 & 8/19
POLE
FUNDAMENTALS

8/12 & 8/26
POLE LEVEL 1/2

7 - 8:15 PM

8/5
CONTEMPORARY
POLE

8/12 & 8/26
POLE LEVEL 3/4

8/19
POLE LEVEL 2+

5:15 - 6:00 PM
BARRE

6:15 - 7:10 PM
CARDIO DANCE

7:25 PM
NO CLASS
INT CHAIR
MEMBERS
SHOULD
ATTEND
MONDAY
SERIES

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
8/8 & 8/22
POLE LEVEL 2+

8/15 POLE
FUNDAMENTALS

8/29
CONTEMPORARY
POLE

12:30 - 1:30 PM
8/8 SILKS
FUNDAMENTALS

8/15
ALL LEVELS SILKS

8/22 & 8/29
POLE
FUNDAMENTALS

HIGHLIGHTED IN YELLOW
IS PERFECT FOR
ABSOLUTE BEGINNERS!

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