



OCTOBER IS FOR DEVIANTS

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

HALLOWEEN
CHAIRLESQUE
10/5 - WEEK 1
10/12 - WEEK 2
10/19 - WEEK 3
10/26 - WEEK 4
(WEAR A
COSTUME!)

5:15 - 6:00 PM
BARRE

6:15 - 7:15 PM

10/6 & 10/20
LYRA LEVEL 2+
10/13 & 10/27
SILKS
FUNDAMENTALS

7:30 - 8:30 PM

10/6 & 10/20
LYRA
FUNDAMENTALS
10/13 & 10/27
LYRA ALL LEVELS

5:45 - 6:45 PM
10/7 & 10/28
POLE LEVEL 1/2

10/21
POLE
FUNDAMENTALS

7 - 8:15 PM

10/7 & 10/28
POLE LEVEL 3/4
10/21
POLE LEVEL 2+

5:15 - 6:00 PM
BARRE

6:15 - 7:10 PM
CARDIO DANCE

10/29
6:30 - 8PM
HALLOWEEN
CARDIO
GLOW PARTY!
(WEAR A
COSTUME)

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

10/3
CONTEMPORARY
POLE
10/10
POLE
FUNDAMENTALS

10/24 & 10/31
POLE LEVEL 2+

12:30 - 1:30PM

10/10
SILKS ALL LEVELS
10/24
POLE
FUNDAMENTALS

HIGHLIGHTED IN YELLOW IS PERFECT FOR ABSOLUTE BEGINNERS!

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

