



JULY 2026

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

SUN

8:30 - 9:45 AM

LYRA
(ALL LEVELS)

10 - 11:15 AM

DANCE
DECONSTRUCTED
(GREAT INTRO TO
CARDIO DANCE)

MON

5:45 - 6:40 PM
CARDIO DANCE

7 - 8:15 PM

MAVENS
OF MOVEMENT

7/6 & 7/20

SMOKIN' HOT

JAZZ

7/13

CONTEMPORARY

7/27

CHAIR

FUNDAMENTALS

TUE

5:15 - 6:00 PM
BARRE

6:15 - 7:15 PM

7/7 & 7/21

LYRA LEVEL 2+

7/14 & 7/28

SILKS
FUNDAMENTALS

7:30 - 8:30 PM

7/7 & 7/21

LYRA
FUNDAMENTALS

7/14 & 7/28

LYRA ALL LEVELS

WED

5:45 - 6:45 PM
7/8 & 7/22

POLE
FUNDAMENTALS

7/15 & 7/29

POLE LEVEL 1/2

7 - 8:15 PM

7/8

POLE LEVEL 2+

7/15 & 7/29

POLE LEVEL 3/4

7/22

CONTEMPORARY
POLE

THUR

5:15 - 6:00 PM
BARRE

6:15 - 7:10 PM
CARDIO DANCE

7:25 - 8:40 PM

MAVENS
OF MOVEMENT

7/9

FLOOR PLAY

7/16

CONTEMPORARY

7/23

FLOOR PLAY

7/30

WHINE

FRI

9:30 - 10:45 AM

POLE
(LEVEL 1 & 2)

SAT

9:00 - 9:45 AM

BARRE

10:00 - 10:55 AM
CARDIO DANCE

11:15 - 12:15 PM
7/11

CONTEMPORARY
POLE

7/18 & 7/25

POLE LEVEL 2+

12:30 - 1:30 PM
7/11

SILKS ALL LEVELS

7/18 & 7/25

POLE
FUNDAMENTALS

HIGHLIGHTED IN YELLOW
IS PERFECT FOR
ABSOLUTE BEGINNERS!

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