

Book Thursday classes and certifications on the PoleCon website UNLESS a link is listed.
All certifications/classes will be complete before the doors open for Thursday evening showcases.

THURSDAY

	AM													PM																																		
	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	9pm		
SHOWCASE	No Showcases																																				Doors Open			Para Pole			Sexy Showcase					
FREE WORKSHOP or SEMINAR														Check in starts at noon for PoleCon. You must check in by name to receive your wrist band. Opening reception, including access to vendor room and cash bar starts at 5:30pm. First show starts at 6:30pm.																																		
POLE ROOM 1	XPert Level 1 and 2 Certification (2-Day, Started Wednesday) Pole 1&2 - https://xpertpolefitness.com/find-a-course/pole-1-2-pole-convention-new-orleans-25-26-august-21/																																															
POLE ROOM 2	Liquid Motion on the Pole Intensive (4 hours) https://www.liquidmotionct.com/event-calendar/#!event/2021/8/26/pole-con-4-hour-level-1-intensive-intro-to-liquid-motion-on-the-pole																																															
POLE ROOM 3	Pole Fitness Alliance LEVEL 1 & 2 INSTRUCTOR CERTIFICATIONS (2 Trainings, 1 per day, Started Wednesday) Level 1: August 25, 9am-5pm Level 2: August 26, 9am-5pm https://polefitnessalliance.com/polecon-2021																																															
NON-POLE ROOM 1	Twerk Technician Certification (6 hours) (9am -3pm) Book on PoleCon Wellness Living Scheduler																																															
NON-POLE ROOM 2	Rad Roller Mobility Level 1 (6 hours) https://www.radroller.com/collections/cec-approved-trainings/products/rad-mobility-level-1-training-august-26																																															
Waterbury Room	XPert Flexibility (2-day Started Wednesday) Flex Flow - https://xpertpolefitness.com/find-a-course/flex-flow-pole-convention-new-orleans-25-26-august-21/																																															

Green = all levels or beginner Orange = intermediate, basic climbing and basic inversion Purple = advanced inversions and combinations

*NOTE: some workshops are a level range such as Intermediate-Advanced. Please read full descriptions in the schedule.

FRIDAY

	AM											PM																																					
	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00
SHOWCASE			PowerFlow				BREAK	Pole Comedy				Lunch				Pole Masters				BREAK	Low Flow				BREAK	Men of Pole				Queer Pole				BREAK	Doors for BGP		BGP												
FREE WORKSHOP or SEMINAR	Connective Stretching with the Pole Digger				Pole in Entertainment with Lily		Point Your F*n Paws With Jorcan Mazur		Flexibility Flow Workshop with Xpert				Lunch				Femme Fatale: Unleash Your Inner Vixen Workshop with Jade the Serpent				Keep Calm & Comp Prep with Wren Amelia		Yay Abs! with Kate Garcia		Shoulder Prehab With Body by Fran				Sh!t Happens with Mel Hyde				Stripper and Sex Worker Panel Discussion																
POLE ROOM 1	Ashley Fox Signature Tricks and Combos (All Levels)				BREAK	Phoenix Kazree Alternative Inversions (Int)				BREAK	Gemma Lux Showgirly Swag™ (Int)				BREAK	Michelle Mynx Striptastic Revolution! (All Levels)				BREAK	Nicole the Pole Inversions University (Experienced Beg-Int)				BREAK	Jordan Mazur Advanced Tricks and Combos (Int-Adv)				BREAK	Emily Elise Confidence is Sexy (All Levels)																		
POLE ROOM 2	Jonny Boi Flips and Dynamic Tricks (Adv)				BREAK	Vertical Joes ATL Pole Swag (All Levels)				BREAK	Ken Kao Ninja Flow (Int)				BREAK	Kenny Dearie Kenny's Favorite Transitions (All Levels)				BREAK	Renee Wu Spotting 101 (All Levels)				BREAK	Pole Kitten Hypno Flow: Lines and Transitions (Int)				BREAK	Elizabeth Blanchard Upside Down Elbow, Cup & Twisted (Adv)																		
POLE ROOM 3	Ken Kao Ninja Tricks (Int)				BREAK	Jenyne Butterfly Flowy Combos (Int)				BREAK	Brian Wolf Heel Flow (All Levels)				BREAK	Squeak Machine Pop, Lock and Drop it (Int)				BREAK	Colleen Jolly Use Your Butt (Int)				BREAK	Natasha Wang Shapeshifting for Pole Creatures (Beg-Int)				BREAK	Jax Spencer Signature Twisted Tricks and Drops (Int)																		
NON-POLE ROOM 1	Crystal Belcher Texas Twerk (All Levels)				BREAK	Jeni Janover of Liquid Motion, Take the Level Up Challenge: Floorwork (All Levels)				BREAK	Ashley Fox Bendy and Flexy (All Levels)				BREAK	Micah Walters Backbends (All Levels)				BREAK	Shan-J Chair Twerk Combo (All Levels)				BREAK	Nicole the Pole How to Create the Life of Your Dreams and Bonus Reiki Healing (All Levels)				BREAK	Fallon La Femme Empowering Through Movement (All Levels)																		
NON-POLE ROOM 2	Pink Puma Stretch that Split (All Levels)				BREAK	We Heal Different Sensual Sorcery (All Levels)				BREAK	ACRO PT Shoulder Savior (All Levels)				BREAK	Kilo Kitty CNRP Floor Rockers (All Levels)				BREAK	ACRO PT Hips Don't Lie (All Levels)				BREAK	Gigi Holliday The Long Con: Stripper Slowburn (All Levels)				BREAK	Jenyne Butterfly Floor Exercises for Pole Strength (All Levels)																		

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SATURDAY

	AM											PM																																				
	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45
SHOWCASE	Troupes and Groups 1			BREAK	Troupes and Groups 2		Youth		Lunch				Up and Coming Stars				BREAK	Freestyle			BREAK	Dangerous Curves			Contemporary/Artistic			BREAK	Creepy																			
FREE WORKSHOP or SEMINAR	Liquid Motion Certification Teaser Workshop		All About the IPIA with Colleen Jolly		Enhance Shoulder Function with Myofascial Release with Rad Roller			Trading, wealth building and financial literacy with Kim Torres @theforexchic		Lunch				Plus Size Pole Panel Discussion Moderated by Dangerous Curves				Funnel Hacking: Making Money On Social Media with Acro Brandon		Zumba Class with Mina Vera		Amorous Chair Workshop with Tanya Christopher			Queer Pole Panel Discussion																							
POLE ROOM 1	Crystal Belcher CryStylez: Ground Control (All Levels)			BREAK	Roz the Diva Inverts 101 (All Levels)			BREAK	Pole Kitten Slow Hypno: Choreography (Beg-Int)			BREAK	Renee Wu Faking Flexibility (All Levels)			BREAK	Takelia Fox Master the Jade (Int)			BREAK	Katie Cooper By Hook or By Crook (Int)			BREAK	Phoenix Kazree Handspring Clinic (Int)																							
POLE ROOM 2	Zippora Lewis ENGAGE (Int)			BREAK	Natasha Wang Pole Geometry Lab (Int-Adv)			BREAK	Nicole The Pole Pour it Up, Pour it Up! (Int-Adv)			BREAK	Jax Spencer Back to Basics (Beg)			BREAK	Shay Williamson The Devil Wears Pleasers (All Levels)			BREAK	Wendy Lee On the Down Low (All Levels)																											
POLE ROOM 3	Wendy Lee Fantasy Floorwork (Int)			BREAK	Pink Puma Pole Transitions (Int-Adv)			BREAK	Phoenix Kazree Spinaholic (Int)			BREAK	Wren Amelia Dynamic Static (Int-Adv)			BREAK	Phoenix James Baby Stripper 101 (All Levels)			BREAK	Ken Kao Unlocking the Secret Powers of the Fan Kick (Int)			BREAK	Jeni Janover of Liquid Motion Upright Inversions (Int)																							
NON-POLE ROOM 1	ACRO PT Fix Your Wrists (All Levels)			BREAK	Nia Burks Making the Abject Sexy (All Levels)			BREAK	Micah Walters Legs (All Levels)			BREAK	Apollo Sa'Deek Ghetto Stiletto (All Levels)			BREAK	Vertical Joes, 99 Ways to Twerk IN HEELS! (All Levels)			BREAK	Archer Sit On it (All Levels)			BREAK	Kenny Dearie Sizzle n' Splits: Floorwork (All Levels)																							
NON-POLE ROOM 2	Elizabeth Blanchard Functional Flexibility and Contortion (All Levels)			BREAK	Squeak Machine Bootywerk (All Levels)			BREAK	Gigi Holliday The Art of Burlesque (All Levels)			BREAK	Jonny Boi Handstands (All Levels)			BREAK	Juic3, Chairology (All Levels)			BREAK	Kendrick Clever Trap Grooves (All Levels)			BREAK																								

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	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00	2:15	2:30	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45
SHOWCASE	Break-fast		Experimental			Aerial				Thank you!																																						
FREE WORKSHOP or SEMINAR	Wave Legs, Kips and More Floorwork with Sutra Winter		Haute N' Heels with Crystal Belcher			Race and Cultural Appropriation Panel Discussion Moderated by Black Girls Pole																																										
POLE ROOM 1	Natasha Wang Pole Poetry (All Levels)			BREAK	Brian Wolf Wait was that Slutty (Int-Adv)																																											
POLE ROOM 2	Ms. Michael Quintana That Funky Monkey (Int)			BREAK	Roz the Diva Build Your Confidence (All Levels)																																											
POLE ROOM 3	Ashley Fox Floor to Pole Fluidity (All Levels)			BREAK	Dalton Rhodes Wild Slink (All Levels)																																											
NON-POLE ROOM 1	Micah Walters Eagle Prep: Needlescale Workshop (All Levels)			BREAK	Accro Brandon BFF Floorwork - Backspins, Fish Fish Flops and Flares... Oh My! (All Levels)																																											
NON-POLE ROOM 2	Jena Clough Filthy Floorwork (All Levels)			BREAK	Takelia Fox Intro to Partner Acro (All Levels)																																											

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