

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: [Click here to buy workshops.](#)

	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		
SHOWCASE																													Pole to Glow Net-working	Para Pole Sponsored by Sanctuary of Pole	Sexy Showcase Sponsored by Sway Polewear																
FREE WORKSHOP or SEMINAR												Full CPR AED (Pediatric/ Adult) Training by Heart Saver Institute Book on PoleCon Wellness Living Scheduler							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 6:00pm.																												
POLE ROOM 1	XPert Level 1 and 2 Certification (2-Day, Started Wednesday) Pole 1&2: https://xpertpolefitness.com/find-a-course/pole-12-pole-convention-2023-dmv-14-15-june-2023/																																														
POLE ROOM 2	PoleStrong Strength & Conditioning Specialist (PSCS) Level 1 https://the-polestrong-academy.teachable.com/p/polestrong-strength-conditioning-specialist-certification-course-pscs																																														
POLE ROOM 3	Coaching Plus Size Pole Dancers Intensive with Roz the Diva (9am-12pm) Book on PoleCon Wellness Living Scheduler							4 Elements Intensive with Claudia Renee (1pm-5pm) Book on PoleCon Wellness Living Scheduler																																							
NON-POLE ROOM 1	Twerk Technician Certification (6 hours) (9am -3pm) Book on PoleCon Wellness Living Scheduler																																														
NON-POLE ROOM 2	Liquid Motion Heels Certification (2-Day, Started Wednesday) https://www.liquidmotionct.com/event-calendar/#!event/2023/6/14/in-person-heels-certification-pole-con-han-over-md-june-14-15-2023																																														

You do not sign up for Showcases or Free Workshop Seminars.

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: [Click here to buy workshops.](#)

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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	9:00
SHOWCASE	Experi-mental Sponsored by FabPole		Pole Masters Sponsored by Body by Fran			BREAK	Pole Comedy Sponsored by Synchronicity Active				Lunch				Latin Heritage Sponsored by TPB Active				BREAK	Low Flow Sponsored by Liquid Motion			BREAK	Men of Pole Sponsored by Pole Active			Queer Pole Sponsored by Rose from Concrete				BREAK			Doors for BGP		BGP Sponsored by the Milan Method													
FREE WORKSHOP or SEMINAR	Pointe and Ankle Conditioning with Marlene		Activate Your Flow with Susan Bartley		Pole Studio Ownership with Odette Tan		Mindfulness, Journaling and Pole with Heidi Coker				Lunch				Floor Heels with Curvydva		Branding Strategies Decoded with Mica Saunders		Importance of Training with Stacey Snedden	Bruja Movement Spirituality in Motion with Irlanda		VXN Workout with Daemliz			Plus Size Panel moderated by Roz the Diva																								
POLE ROOM 1	Samantha Star Fonjis for LIFE (Int-Adv)			BREAK	Ariel Xenia Teaching and Retaining Beginners (All Levels)				BREAK	Squeak Machine Pop, Lock and Drop it (Beg-Int)			BREAK	Roz the Diva Inverts 101 (All Levels)			BREAK	Anna and Nataliia Rider (Int)		BREAK	Nicole the Pole Inversions University (Adv Beg-Int)			BREAK	Ali and Lex 2 Girls 1 Pole (All Levels)																								
POLE ROOM 2	Claudia Renee Work the Base (Int-Adv)			BREAK	Bentley Rebel R&C (All Levels)				BREAK	Shay Williamson Pole Alchemy (Freestyle) (All Levels)			BREAK	Natasha Wang Polestands and Flow (Int-Adv)			BREAK	Body by Fran The PoleStrong Method: Strength Conditioning for Pole Dancers (All Levels)			BREAK	Milan Moves Trap and Transitions (Int)			BREAK	Emily Elise The Theory of Everything (Int-Adv)																							
POLE ROOM 3	Baila Jennie Latin Polesque (All Levels)			BREAK	Carly Child Static Windup (Int-Adv)				BREAK	Jax Spencer, Signature Twisted Tricks and Drops (Int-Adv)			BREAK	Crystal Belcher Tricks With Stylez (Int)			BREAK	Sasja Fierce Static Revolutions (All Levels)			BREAK	Heidi Coker The Mindful Mover (All Levels)			BREAK	Carly Child Art of the Janiero (Int-Adv)																							
NON-POLE ROOM 1	Jordan Mazur Sextemporary Floorwork (All Levels)			BREAK	Bunni Hairography (All Levels)				BREAK	Jeni Janover of Liquid Motion Coloring Outside the Lines Floorwork Edition (All Levels)			BREAK	Zippora Backbends (All Levels)			BREAK	Egypt Intermediate Twerk (Int)			BREAK	Sirenn Baddass on Brass Pancake Party (All Levels)			BREAK	Pink Puma Bendability (All Levels)																							
NON-POLE ROOM 2	Leah Franklin Restorative, Full Body Stretch (All Levels)			BREAK	Anna Kia Gravity: Floorwork (All Levels)				BREAK	ACRO PT Fix a Friend (All Levels)			BREAK	Darknight and Candi Reign Floor Fusion (All Levels)			BREAK	Samantha Star Handstands! (All Levels)			BREAK	Brooke Jay Floetic Floorwork (All Levels)			BREAK	Accro Brandon Magic Your Mike (All Levels)																							

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SHOWCASE	Troupes and Groups Sponsored by Fit & Fancy Dance Studio						BREAK	Sport Sponsored by USPSF			Youth Sponsored by Pole Poised		Lunch						Up and Coming Stars Sponsored by Pink Essence Beauty Lounge			PowerFlow Sponsored by Show Pony			BREAK	Dangerous Curves Sponsored by Naughty Goddexe			Contemporary/Artistic Sponsored by Pretty Girls Pole			Creepy Sponsored by Heauxxx Apparel			Medieval Times Dinner and Tournament (off site but walkable) STARTS AT 6pm, PoleCon rep will be there by 530pm													
FREE WORKSHOP or SEMINAR	Morning Yoga Flow with Fran			Inclusive Circus Spaces for Autistic Artists with Ryker			Sedative Flow with Jolene			Building Your Online Coaching by Jessica John		Lunch						Stripper/Sex Worker Panel moderated by Leah Franklin			Master the Forward Shoulder Roll with Liquid Motion			Amorous Chair with Tanya			When in Doubt Shimmy with Ziva			Queer Panel moderated by Shay Williamson			Black Girls Pole meetup															
POLE ROOM 1	Zippora ENGAGE (Int)						BREAK	Jax Spencer Back to Basics (Beg)			BREAK	Nicole the Pole Handsprings and Iron X Whisperer (Int-Adv)			BREAK	Anna Kia Pathways & Retrogrades: Basework and Low Flow Transitions (All Levels)			BREAK	Phoenix Kazree Spinaholic (Int-Adv)			BREAK	Roz the Diva Build Your Confidence (All Levels)			BREAK	FiyaStarta Southern Low Flow Pole (All Levels)																				
POLE ROOM 2	Leesi L’Ru FabPole New Moves 2023 (Int)						BREAK	Darknight and Candi Reign Splitting Image: Pole Doubles Workshop (Int-Adv)			BREAK	Leah Von O’Daera Queen of the Damned (Int)			BREAK	Bentley Rebel Rebel with a Pole (Int-Adv)			BREAK	Jeni Janover of Liquid Motion Death to the Chopper (All Levels)			BREAK	Ashley Fox Power Spin Technique (All Levels)			BREAK	Shaina Cruea, Signature contem-POLEary FLOWS (Int)																				
POLE ROOM 3	Heidi Coker Pole’tastic Gymnastics (Int-Adv)						BREAK	Tink Handsprings Are Bae (Int)			BREAK	Elizabeth Blanchard Upside Down Things (All Levels)			BREAK	Pink Puma Pole Combos (Int-Adv)			BREAK	Emily Elise Spinderella (All Levels)			BREAK	Natasha Wang Shape Shifting for Pole Creatures (Int)			BREAK	UtterBeauty Use Yo’ Meat (All Levels)																				
NON-POLE ROOM 1	ACRO PT Thoracic Dysfunction (All Levels)						BREAK	Michelle Mynx The Sexy Side (All Levels)			BREAK	Jordan Mazur Splits (All Levels)			BREAK	Sasja Fierce Fierce Floor Fleau (All Levels)			BREAK	Twerk Technicians 99 Ways to Twerk: Twerkcentric™ (All Levels)			BREAK	The Raddest Abbey Funky Floor Tricks (All Levels)			BREAK	Leah Von O’Daera Tantalizing Succubus (All Levels)																				
NON-POLE ROOM 2	Ashley Fox Bendy and Flexy (All Levels)						BREAK	Kirstie Ellerbe Softcore Floor (Adv Beg-Int)			BREAK	Miss Vegas Bridges and Hoes (All Levels)			BREAK	Dey Phoenix Pump-N-Grind (All Levels)			BREAK	Amy Bond Fish Flop Foundations (All Levels)			BREAK	Bentley Rebel Floor-gy (All Levels)			BREAK	Carly Child Needles for Eagles (All Levels)																				

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SHOWCASE	Breakfast		Freestyle Sponsored by Gaia Pole		BREAK	Aerial Showcase Sponsored by Aerial Star Organization					Thank you!																																					
FREE WORKSHOP or SEMINAR	Competition 101 with USPSF and US Aerial Fed.		Mat Pilates with Maria			Race and Cultural Appropriation Panel Moderated by Black Girls Pole																																										
POLE ROOM 1	Ashley Fox Floor to Pole (Power and Fluidity) (All Levels)				BREAK	Nikki St. John Twerk and Pole (All Levels)																																										
POLE ROOM 2	Natasha Wang Pole Poetry (All Levels)				BREAK	Nicole the Pole Pour It Up, Pour it Up! (Int-Adv)																																										
POLE ROOM 3	Crystal Belcher CryStylez: Magic in the Mistakes (All Levels)				BREAK	Anna Kia Super Nova Tricks & Techniques (Int-Adv)																																										
NON-POLE ROOM 1	The Raddest Abbey Legs for Days (All Levels)				BREAK	Phoenix Kazree Strictly Dance (All Levels)																																										
NON-POLE ROOM 2	Elizabeth Blanchard Functional Flexibility and Contortion (All Levels)				BREAK	JUIC3 Chairology (All Levels)																																										

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