

Book Wednesday and 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.

Wednesday: [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
PAY FOR WORKSHOP or SEMINAR												Lap Ryderz Certification (11am-5pm) Book on PoleCon Wellness Living Scheduler																																
PAID POLE ROOM 1												XPert Level 1 and 2 Certification (2-Day) ((9am-5pm) Pole 1&2: https://xpertfitness.com/find-a-course/pole-12-pole-convention-2024-dmv-29-30-may-2024/																																
PAID POLE ROOM 2												Shaina Cruea, Pole Performance Evolution Intensive (All Levels) (10am-6pm) Book on PoleCon Wellness Living Scheduler																																
PAID POLE ROOM 3												XPert Essential Science of Heels (2-Day, Started Wednesday) (ending between 5pm and 5:30pm) https://xpertfitness.com/find-a-course/https-xpertfitness-com-find-a-course-pole-12-pole-convention-2024-dmv-29-30-may-2024/																																
PAID NON-POLE ROOM 1																																												
PAID NON-POLE ROOM 2												USPSF Code of Points Workshop and Judges Certification Course for Pole Sport (9am -5pm) Book on PoleCon Wellness Living Scheduler																																

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.*

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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 (Main Stage)																																			PoleToGlow Networking	Para Pole Sponsored by RevolVT	Sexy Showcase Sponsored by Show Pony													
PAY FOR WORKSHOP or SEMINAR											DIY Pole Inspired Jewelry Workshop (11:30am-1:30pm) Book on PoleCon Wellness Living Scheduler				BREAK		Full CPR AED (Pediatric/ Adult) Training (2pm-5pm) 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 5:00pm. First show starts at 6:00pm.																													
PAID POLE ROOM 1	XPert Level 1 and 2 Certification (2-Day, Started Wednesday) (ending between 5pm and 5:30pm) Pole 1&2: https://xpertfitness.com/find-a-course/pole-12-pole-convention-2024-dmv-29-30-may-2024/																																																	
PAID POLE ROOM 2	PoleStrong Strength & Conditioning Specialist (PSCS) Level 1 (ending between 5pm and 5:30pm) https://the-polestrong-academy.teachable.com/p/polestrong-strength-conditioning-specialist-certification-course-pscs																																																	
PAID POLE ROOM 3	Coaching Plus Size Pole Dancers Intensive with Roz the Diva (9am-12pm) Book on PoleCon Wellness Living Scheduler				BREAK		Liquid Motion Liquid Pole Intensive (12:30pm-3:30pm) Book on PoleCon Wellness Living Scheduler				BREAK		Moxie Movez: Senior Pole Fitness Instructor Intensive (4pm-7pm) Book on PoleCon Wellness Living Scheduler																																					
PAID NON-POLE ROOM 1	XPert Essential Science of Heels (2-Day, Started Wednesday) (ending between 5pm and 5:30pm) https://xpertfitness.com/find-a-course/https-xpertfitness-com-find-a-course-pole-12-pole-convention-2024-dmv-29-30-may-2024/																																																	
PAID NON-POLE ROOM 2	Twerk Technician Certification (6 hours) (9am -3pm) Book on PoleCon Wellness Living Scheduler																																																	

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

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FRIDAY: [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	8:15	8:30	8:45	9:00
SHOWCASE (Main Stage)	Experimental Sponsored by Sway		Pole Comedy Sponsored by Sanctuary of Pole			BREAK	Pole Masters & Grand Masters Sponsored by Pole Poised					Lunch				Latin Heritage Sponsored by Dance Phreakz				BREAK	Low Flow & Floorwork Sponsored by Liquid Motion			BREAK	Men of Pole Sponsored by Floorplay Apparel			Queer Pole Sponsored by Pole Active				BREAK	Doors for BGP	BGP Sponsored by the Milan Method															
FREE/Included WORKSHOP or SEMINAR	Mat Pilates with Maria		Overcoming Audition Anxiety with Crystal Jones		Out of the Dark, Tax Planning for the Self Employed with Aarron of Tits N' Taxes		The Ultimate Pole Strength Workshop with Stacey Shapiro					Lunch				Storytelling: Fix Your Face, Friend! with Jade the Serpent				Aerial Safety and Rigging Basics with Squeak Machine		What it Takes to be a Effective Pole and Aerial Instructor with Stacey and Archer			Modern Dance Technique for Pole Dancers with Julianna			Mindfulness, Pole, and Journaling-the Art of Checking your Inner World with Heidi Coker			Plus Size Panel moderated by Roz the Diva				Studio Owner Meetup hosted by Sunny, Owner of My Body Shop														
PAID POLE ROOM 1	Samantha Star Fonjis for LIFE (Int-Adv)			BREAK	Roz the Diva Inverts 101 (All Levels)				BREAK	Kheanna Walker Dynamic Static Tricks and Combos (Int)			BREAK	The Pole Wizard Badass Pole Choreo (All Levels)			BREAK	Vita Master the Pole Deadlift (Adv)			BREAK	Leah Von O'Daera Serpents Of Eden (Int)			BREAK	Elizabeth Blanchard Brass Monkey Palooza (All Levels)																							
PAID POLE ROOM 2	Elena Anishchenko Russian Style (Int)			BREAK	Stephanie Tallant Russian Split Mastery (Adv)				BREAK	Shay Williamson Pole Alchemy (Freestyle) (All Levels)			BREAK	Natasha Wang Pole Geometry Lab (Int-Adv)			BREAK	Baila Jennie Candela XXX Perreo Edition (All Levels)			BREAK	Crystal Belcher Tricks With Stylez (Int)			BREAK	Kelly Elizabeth Goss Ballerina Badassery (Int-Adv)																							
PAID POLE ROOM 3	Ashley Fox Flips & Drops (All Levels)			BREAK	Squeak Machine Stripper Tricks (Int)				BREAK	Nicole the Pole Inversions University (Int)			BREAK	Michelle Mynx Striptastic Revolution! (Int)			BREAK	Shaina Cruea Spinny Low Flow (All Levels)			BREAK	Jax Spencer Back to Basics (All Levels)			BREAK	Chiemi Chunga The Chiemi Chunga Special (Int)																							
PAID NON-POLE ROOM 1	Phoenix Kazree Strictly Dance (All Levels)			BREAK	Lux ATL Stripcraft (All Levels)				BREAK	Nikki St. John Isolations Only (All Levels)			BREAK	The Raddest Abbey Legs for Days (All Levels)			BREAK	Milan Moves Baddie Heels Bootcamp (Dance Heels) (All Levels)			BREAK	Jolene Polerican Sedative Flow (All Levels)			BREAK	The Raddest Abbey Funky Floor Tricks (All Levels)																							
PAID NON-POLE ROOM 2	Pink Puma Bendability (All Levels)			BREAK	Anna Kia Gravity 2.0 Floorwork (All Levels)				BREAK	Emily Elise #SOFTCORETILETTOS A Floorography & Tricks Class (All Levels)			BREAK	Svitlana Yurchak Flexy Legs (All Levels)			BREAK	Samantha Star Movement, Mobility, Floorwork (All Levels)			BREAK	Nicole the Pole Go from Student to Performer & Manifest Dream Opportunities (All Levels)			BREAK	Ziva Lynn When in Doubt, Shimmy (All Levels)																							

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SATURDAY: [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
SHOWCASE (Main Stage)	Troupes and Groups Sponsored by Lethal Lust						BREAK	Sport Sponsored by US Aerial Federation		Youth Sponsored by Body by Fran		Lunch						Up and Coming Stars Sponsored by Bee Creative			PowerFlow Sponsored by Laws of Gravity			BREAK	Dangerous Curves Sponsored by Naughty Goddess		Contemporary/Artistic Sponsored by FabPole			Creepy Sponsored by Phoenix Fitness and Dance			Medieval Times Dinner and Tournament (separately ticketed) (off site/walkable) STARTS AT 6pm, PoleCon rep onsite by 5:30pm															
FREE/Included WORKSHOP or SEMINAR	Healthy Hands for Pole Athletes with Dr. Misty		Branding for Pole Business with Body by Fran		Floor Fu@Sery: Fundamentals and Free-styles with JayJae Franchesca			Know Your Worth with Shay and Emily		Lunch						Stripper/Sex Worker Panel moderated by Isis the Entertainer			Plant Healing for Polers with Farmer Sage		Amorous Chair with Tanya		Yoga Cool Down with Allyson the Aerial Nomad			Queer Panel moderated by Shay Williamson			Black Girls Pole Meetup			Paint & Party (separately ticketed) hosted by Pole to Glow																
PAID POLE ROOM 1	Ashley Fox Character Development (All Levels)						BREAK	Roz the Diva Build Your Confidence (All Levels)			BREAK	Pink Puma Pole Combos (Int-Adv)			BREAK	Bentley Rebel F.E.M (Feel.Emote.Move) (All Levels)			BREAK	Phoenix Kazree Spinaholic (Int)			BREAK	Ali and Ana Pole Basics for Buddies (Doubles) (All Levels)			BREAK	Myss Angie F-U: Flares, Flips and Funky Grips (Adv)																				
PAID POLE ROOM 2	Zippora ENGAGE 3SIXTY (Int)						BREAK	Heidi Coker Pole'tastic Gymnastics (Adv)			BREAK	Jordan Kensley BACK TO THE FUTURE; [Club] Pole Tricks Past & Present (Int)			BREAK	Darknight The Art of Emoting (Int)			BREAK	Body by Fran The PoleStrong Method: Strength Conditioning for Pole Dancers (All Levels)			BREAK	Emily Elise Sneak into your Superman (Int)			BREAK	JBall Nostalgic Flow: 90's Edition (Int)																				
PAID POLE ROOM 3	Taylor Starke Starke Struck (Adv)						BREAK	Tink I <3 Ayeshas (Int)			BREAK	UtterBeauty Use Yo' Meat (All Levels)			BREAK	Nicole the Pole Handsprings and Iron X Whisperer (Int/Adv)			BREAK	Anna Kia Solar Rotations, Revolutions & Solar Flares (All Levels)			BREAK	Natasha Wang Tumbles 4 Lyfe (Adv)			BREAK	FiyaStarta Southern Low Flow Pole (All Levels)																				
PAID NON-POLE ROOM 1	ACRO PT Hips DO Lie (All Levels)						BREAK	Elena Anishchenko Floor Lace (Int)			BREAK	Twerk Technicians 99 Ways to Twerk: Twerkcentric™ (All Levels)			BREAK	Zippora Flex Fluid: Flow Into Your Bend (All Levels)			BREAK	Kheanna Walker Fierce Floor Work (Int)			BREAK	Heidi Coker Handstands: Awakening the Beast! (All Levels)			BREAK	Juic3 Floorology (All Levels)																				
PAID NON-POLE ROOM 2	Irlanda La Bruja Negra Bruja Movement Spirituality in Motion (All Levels)						BREAK	Megan Loreen Acro Chair (Int)			BREAK	Leah Von O'Daera Temptress in the Inferno (All Levels)			BREAK	Jeni Janover of Liquid Motion Shoulder Rolls for People Who Hate Plows (All Levels)			BREAK	Amy Bond Fish Flop Foundations (All Levels)			BREAK	Bentley Rebel Floor-gy (All Levels)			BREAK	Carol Bawdy Burlesque (All Levels)																				

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SUNDAY: [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	8:15	8:30	8:45
SHOWCASE (Main Stage)	Break-fast	Freestyle Sponsored by XPERT			BREAK	Aerial Showcase Sponsored by Aerial Star Organization						On stage thank you!																																				
FREE WORKSHOP or SEMINAR	Cultivating Pole Community with Michelle Mynx:		Beginner Partner Yoga and Acrobatics with Soul Flow Acro			Race and Cultural Appropriation in Pole Panel moderated by Black Girls Pole																																										
PAID POLE ROOM 1	Ashley Fox Unique Tricks (All Levels)				BREAK	Anna Kia Jupiter Retrograde: Optical Illusion (All Levels)																																										
PAID POLE ROOM 2	Natasha Wang Intro to Pole Handstands (Beg-Int)				BREAK	Dey Phoenix Heauxlerina Spin Flow (Int)																																										
PAID POLE ROOM 3	Leesi L’Ru FabPole New Moves 2024 (Int)				BREAK	Venus Team Clear Heels: Secrets of the Urban Strip Club (int)																																										
PAID NON-POLE ROOM 1	Jordan Kensley Pivot Point; Pivots, Roll Outs & Kips (All Levels)				BREAK	Jax Spencer Release the Clackins’! (All Levels)																																										
PAID NON-POLE ROOM 2	Elizabeth Blanchard Functional Flexibility and Contortion (All Levels)				BREAK	ACRO PT Fix a Friend (All Levels)																																										

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