

CHROME
STUDIO

PRÉSENTS

Heels on ICE

\$ENSUAL POLE
INTENSIVE

WINTER 2026

Full program



Heels on ICE

At

CHROME.
STUDIO

Sensual intensive week-end

With amazing Queens !

Camille de Haas,

Staffie Volt,

Ariane Snowleo

et **Davina Shewolf**

From 23 to 25 of January 2026

LAUSANNE - SWITZERLAND



CONCEPT

Chrome Studio is delighted to welcome the amazing french sexy camp : **Heels on Ice!**

Train your sexy flow
boost your sensual creativity
and perfect your sensual skills !.

Brace yourself for an unique weekend of fun with their smooth pedagogy and their diverse styles that complement each other !



Heels
on **ICE**

A woman in a white leotard with a floral pattern is performing a pole dance move in high heels. She is holding onto a silver pole with one hand and has her legs wrapped around it. The background is a soft-focus indoor setting with warm lighting.

Heels
on
ICE



Is it for me ?

You are new to pole dancing in heels and already comfortable with the basic techniques and
you want to take an intensive course to improve your skills faster with different approaches !

You are used to pole dancing in heels and
You want to deepen your magnetic movement, perfect your sexy flow and boost your sensual creativity !

You have a good level of pole dancing and want to add heels to your skills
You will discover different ways to dance with the pole in heels and deepen researches involved in improving your style and technique !

YES !



DAY 1

23.01.26

10.am - 12.30pm

Welcome Brunch !

A sweet moment to get to know your teachers
and the others participants !

1pm - 2.30pm

Str!!p plastic floorwork with Davina

Davina will teach you all about sensuality with
one of her famous floor choreo !

(without the pole)

Musicality and Fluidity will be the main focus !

Kneepads mandatory

Heels
on **ICE**



DAY 1

23.01.26

3pm - 4.30pm

Burning tricks with Ariane

Learn Ariane's Bada\$\$ Low Flow Drops & Tricks !
With option for every levels, she will teach you all
of her tips to boost your choreo !

5pm - 6.30pm

Siren Flow with Camille

With some of Camille best prompts, you will
explore and discover your "Flow State". A
timeless moment where you let you body dance
how it wants to !
A great way to discover or refine your own style !

Heels
on **ICE**





DAY 2

24.01.26

10am - 11.30am

Hypnotic Flow with Ariane

Do you want to refine your heels work ? Work on your lines ? Deeply understand how to link all of your movements to reach your best flow ? Ariane will teach you all of her techniques with impactful sequences !

11.45am - 1.15pm

Edgework with Staffie

The perfect edgework introduction with Staffie ! Explore your Str!!per heels and ankle movements to stylize your movements and experiment new sensations to spice your basics spins, pirouette or waves !



DAY 2

24.01.26

1.30pm - 2.30pm

Lunch Break

2.30pm - 4pm

X-Factor with Staffie

Practice you acting and stage presence skills !

Staffie will teach you an exxxtra spicy old school choreo and give you prompts and tips to embody your emotions, sexyness and most of all your personality !

4pm - 6pm

Practice Time for showcase Participants

6.30pm

Showcase party

Pre-dinner drinks & Showcase
+ Souvenir video of your performance à

This is a private event at the studio and it is not mandatory to do a show if you don't want to !

DAY 3

25.01.26



10am - 11.30am

Lovely spinning with Camille

A spinning workshop focus on simple tricks aesthetics without inversion ! You will learn some of Camille's original & sexy combos, tricks and transitions that feel and look good !

11.45am - 1.15pm

Lap dance with Davina

Take out your sexiest lingerie/bikini and join Davina for this Striptease/Lapdance workshop ! Learn naughty sequences, tips and tricks on your partner's lap !
Two layers of underwear/bikini needed + a negligé or shirt

1.30pm

**Goodbye Lunch
at the studio**



THE STUDIO

You will be welcome and train in this beautiful 180m² studio !

Cozy lounge, 100m² of professionnall dance floor, a lot of mirror and 3.85 meters of pole and ceiling height !



How to get there :

Near Lausanne city center :

Avenue de Sévelin 50, 1004 Lausanne.

Subway M1 : Stop at **Montelly**

Bus 17 : Stop at **Ecole des métiers**

Bus 16 : Stop at **Belvédère**

By Plane : Geneva Airport
+ Train to Lausanne (45 min)

By Train : Lausanne Station

ACCOMODATION

Accomadation and transports are not included in the rate

You can take a hotel room or an Air Bnb near the studio via the links below

[Air BnB Lausanne à proximité du studio](#)

[Booking Lausanne à proximité de studio](#)

NOTE

Once your booking is completed, you will receive an invitation for a WhatsApp group with all other participants if you want to book an accomodation together !



Flat Rate

590 CHF/person*

*Accommodation and transport not included

More Infos ?

contact@thechromestudio.com

heelsoniceintensive@gmail.com

Réservations :

contact@thechromestudio.com

or

Chrome Studio App

> Réserver > Stages

