

CARLY CARNAGE WORKSHOP MENU

About

Carly Carnage is a multi-skilled performance artist based on the west coast of Scotland, known for high impact, high energy acts rooted in pole, aerial arts, fire dancing, and stilt walking. With over 14 years of pole training, Carly brings strength, musicality, and commanding stage presence to every performance.

Carly is the owner of Carnage Fitness Studio, based in Greenocks West End in a renovated church. A beautiful studio space established in 2023 that welcomes everyone across pole, aerial and dance to come and get fit while having fun.

She is the founder of Carnage Events and the producer of 'Carnival of Carnage', a sell out Glasgow based show celebrating alternative performance, spectacle, and unapologetic attitude that has been running since 2019. Carly regularly performs across the UK in showcases, festivals, and competitions.

In 2025, she took to the stage at Download Festival, the UK's largest rock and metal festival, performing pole alongside iconic metal band Steel Panther. Carly is at her happiest delivering explosive performances to heavy riffs and metal beats on stage.

Judging & Performing

Carly is available for judging and performances.

Judging prices can be offered with or without workshops included.

Carly offers a wide range of performances including pole dancing, fire dancing, stilt walking and aerial performances (hoop, chains, straps & flying pole). She has all of her own equipment including freestanding pole & lollipop. She is insured with Equity and will provide all relevant risk assessments for venues.

Prices vary depending on what you are booking, set times and location, so for a quote, email carly@carnageeventsLtd.co.uk

Hardcore Heels

A class so hot it should come with a warning! Learn a badass piece of pole choreography, incorporating heel bangs, high energy, and killer floor tricks. We will bring controlled movements such as pirouettes, spins, turns, and twists together with badass drops, kips, and flips.

Experience: This class is for people with pole dance experience and an understanding of heel techniques for those who love to dance to alternative music. Int/Adv.

Requirements: Knee pads are a necessity. Most classes would be possible in socks, but heels are recommended to create great sounding heel clacks!

75mins



Softcore Heels

Welcome to Carlys favourite style of movement! In this workshop learn Carlys signature style badass routines but we slow it down and really work on the individual movements and feeling the music, incorporating heel bangs, hair flicks, and killer floor tricks. We will bring controlled movements such as pirouettes, spins, and turns together with badass drops, twizzles and attitude.

Experience: This class is for all levels of pole dance experience. Beginner and up.

Requirements: Knee pads are a necessity. Would be possible to do in socks, but heels are recommended to create great sounding heel clacks!

75mins

Kips, Flips & Tricks

This workshop is designed to take you through a mix of badass pole and base work tricks and combos. Think kips, flips and fun tricks. The workshop will be adapted to suit all levels with regressions and progressions for each move.

Experience: This class is for all levels of experience. Beginner and up.

Requirements: Knee pads a necessity heels are optional.

75mins



Lollipop Workshop

Love pole? Love Hoop? Well we have treat for you!

Learn to combine these two amazing pieces of equipment into a series of tricks, transitions and incredible combos. Something for everybody, open to all levels.

Experience: Open to all levels

Requirements: Requires shorts

75mins (requires at least 30mins set up for stage poles)

Requires 2 45mm stage poles minimum, 3 people per stage pole

Fee per x-stage hire if you require me to bring any with me

Floor Fu*kery

Let's explore the floor together in this fun and sexy workshop. You will learn floor based tricks and transitions and combine them into a wicked routine.

Fusing high impact tricks with slinky body movements, you will create a hypnotising routine that will make you feel confident and seductive.

Experience: This class is for all levels of experience. Beginner and up.

Requirements: Knee pads are a necessity. Would be possible to do in socks, but heels are recommended to create great sounding heel clacks!

75mins



Bad Ass Aerial

Learn a banging aerial hoop routine in heels. Think Carly's signature style on pole and transfer it to the sky. We are looking at slinky movements, pops, drops and unique rolls.

Experience: Open to all levels but experience on the top mount preferred

Requirements: Leggings, knee pads & heels

75mins

Terms & Information

- Appreciate if a minimum of 6 people can be booked on for the workshop to take place.
- A minimum of 2 workshops would be best.
- Anything over a 2 hour drive, travel costs might need to be added on (this can be discussed upon booking).
- Maximum of 4 workshops/private lessons in 1 day.
- Comfort breaks to be scheduled between workshops (15-30minutes).
- For lollipop workshops, each stage pole required incurs a hire fee, if you have your own

stage poles, no fee added, two lollipop attachments can be provided.

- The studio can add a reasonable fee on top of workshop price to cover studio costs or if you have a different kind of payment structure for workshops such as % split, we can discuss this at the time of booking.
- The studio will be granted one complimentary spot in each workshop if the minimum numbers are met which they can choose to use themselves or sell on.

Carnage Events Ltd

Carnage Fitness Studio

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