



TERM 5 - SEPTEMBER TO NOVEMBER 2026
PXD ACADEMY @ CARPENTER STREET (MINOTAUR ROOM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
START OF TERM 5 2026 FOR LEVEL CLASSES >>>						
14 WEEK 1 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS) 800PM - 930PM SLINKY HEELS BOOTCAMP 2 (16W) (Week 15)	15 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	16 700PM - 815PM (75 mins) SLINKY O'SCH OPEN (WEI WEI) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 2)	17 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS)	18 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	19 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 2) 400PM - 530PM IPC TRAINING	20 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 2) 130PM - 245PM (75mins) HONEY DEADLY FLOW (LOUIS) (3W)
21 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS) 800PM - 930PM SLINKY HEELS BOOTCAMP 2 (16W) (Week 16)	22 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	23 700PM - 815PM (75 mins) SLINKY O'SCH OPEN (CHARLENE) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 3)	24 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS)	25 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	26 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 3) 400PM - 530PM IPC TRAINING	27 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 3) 130PM - 245PM (75mins) HONEY DEADLY FLOW (ANGE) (3W)
OCTOBER >>>						
28 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS)	29 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	30 700PM - 815PM (75 mins) SLINKY O'SCH OPEN (ARICA) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 4)	1 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS)	2 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	3 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 4)	4 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 4) 130PM - 245PM (75mins) HONEY DEADLY FLOW DIONNE) (3W)
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
5 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS) 800PM - 930PM EDGEWORK HEELS BC (16W) (Week 1)	6 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	7 700PM - 815PM (75mins) CREATIVE EXO FLOW - BEG (LOUIS) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 5)	8 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS) 900PM - 1015PM (75 mins) O'SCH NSFW OPEN (DIONNE) (4W)	9 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	10 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 5) 400PM - 530PM IPC TRAINING	11 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 5) 130PM - 300PM SLINKY HEELS MINI BC (8W) (Week 1)
12 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS) 800PM - 930PM EDGEWORK HEELS BC (16W) (Week 2)	13 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	14 700PM - 815PM (75mins) CREATIVE EXO FLOW - BEG (ANGE) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 6)	15 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS) 900PM - 1015PM (75 mins) O'SCH NSFW OPEN (WEI WEI) (4W)	16 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	17 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 6) 400PM - 530PM IPC TRAINING	18 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 6) 130PM - 300PM SLINKY HEELS MINI BC (8W) (Week 2)
19 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS) 800PM - 930PM EDGEWORK HEELS BC (16W) (Week 3)	20 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	21 700PM - 815PM (75mins) CREATIVE EXO FLOW - BEG (CHARLENE) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 7)	22 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS) 900PM - 1015PM (75 mins) O'SCH NSFW OPEN (ARICA) (4W)	23 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	24 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 7) 400PM - 530PM IPC TRAINING	25 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 7)
NOVEMBER						
26 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS)	27 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	28 700PM - 815PM (75mins) CREATIVE EXO FLOW - BEG (WEI WEI) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 8)	29 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS) 900PM - 1015PM (75 mins) O'SCH NSFW OPEN (HAZEL) (4W)	30 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	31 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 8) 400PM - 530PM IPC TRAINING	1 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 8) 130PM - 300PM SLINKY HEELS MINI BC (8W) (Week 3)
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
2 645PM - 745PM LEVEL X CERBERUS (8W) (LOUIS) 800PM - 930PM EDGEWORK HEELS BC (16W) (Week 4)	3 645PM - 745PM HERA FAR FROM ZEUS (8W) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (8W) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (8W) (LOUIS)	4 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 9)	5 645PM - 745PM LEVEL X HADES (8W) (LOUIS) 750PM - 850PM LEVEL X BASILISK (8W) (LOUIS)	6 645PM - 745PM LEVEL X POS-PERS (8W) (DIONNE) 750PM - 850PM LEVEL X ANGEL (8W) (DIONNE)	7 1205PM - 105PM LEVEL X BASILISK (8W) (ANGE) 110PM - 210PM LEVEL X DRAGON (8W) (LOUIS) 215PM - 345PM FLEXY BOOTCAMP SPLITTY TRICKS (16W) (Week 9) 400PM - 530PM IPC TRAINING	8 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 9) 130PM - 300PM SLINKY HEELS MINI BC (8W) (Week 4)