



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
START OF TERM 5 2026 FOR LEVEL CLASSES >>>						
14 WEEK 1 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	15 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	16 700PM - 815PM (75mins) MANDO FLOW INTRO (DIONNE) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	17 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	18 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	19 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	20 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM POLE PRACTICE 1.00PM - 2.00PM
21 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	22 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	23 700PM - 815PM (75mins) MANDO FLOW INTRO (SAMANTHA) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	24 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	25 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	26 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	27 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM
OCTOBER >>>						
28 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	29 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	30 700PM - 815PM (75mins) MANDO FLOW INTRO (HAZEL) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	1 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	2 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	3 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM	4 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
5 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	6 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	7 700PM - 815PM (75mins) MANDO SUNKY HEELS - INTRO (ANGE) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	8 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	9 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	10 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	11 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM POLE PRACTICE 1.00PM - 2.00PM
12 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	13 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	14 700PM - 815PM (75mins) MANDO SUNKY HEELS - INTRO (DIONNE) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	15 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	16 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	17 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	18 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM POLE PRACTICE 1.00PM - 2.00PM
19 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	20 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	21 700PM - 815PM (75mins) MANDO SUNKY HEELS - INTRO (LOUIS) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	22 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	23 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	24 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	25 CREATIVITY DAY
NOVEMBER						
26 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	27 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	28 700PM - 815PM (75mins) MANDO SUNKY HEELS - INTRO (SAMANTHA) (4W) 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	29 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	30 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	31 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	1 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM POLE PRACTICE 1.00PM - 2.00PM
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
2 645PM - 745PM LEVEL X HYDRA (8W) (LISA) 750PM - 850PM LEVEL X HADES (8W) (LOUIS)	3 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON 1 (8W) (LOUIS/DIONNE) POLE PRACTICE 9.00PM - 10.00PM	4 TBC 830PM - 930PM LEVEL X FAIRY (8W) (DIONNE)	5 645PM - 745PM LEVEL X GRIFFIN (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (DIONNE) 855PM - 955PM LEVEL X HYDRA (8W) (LOUIS)	6 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HERA (8W) (LOUIS)	7 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X HADES (8W) (LOUIS) 110PM - 210PM LEVEL X HYDRA (8W) (ANGE) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	8 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM TBC