



TERM 1 - JANUARY TO MARCH 2026
PXD ACADEMY @ CARPENTER STREET (PEGASUS ROOM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JANUARY >>>						
START OF TERM 1 2026 FOR LEVEL CLASSES						
12 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	13 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	14 700PM - 815PM (75 mins) EXO FLOW INTRO (LISA) (3W) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	15 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	16 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM GET YOUR FONJI (4W) (LOUIS)	17 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) 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 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 2)
19 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	20 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	21 700PM - 815PM (75 mins) EXO FLOW INTRO (DIONNE) (3W) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	22 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	23 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM GET YOUR FONJI (4W) (LOUIS)	24 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	25 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 3)
FEBRUARY >>>						
26 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	27 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	28 700PM - 815PM (75 mins) EXO FLOW INTRO (KIM) (3W) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	29 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	30 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM GET YOUR FONJI (4W) (LOUIS)	31 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) 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 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 4)
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
2 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	3 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	4 700PM - 815PM INTRO TO ACCENT FLOW (LOUIS) (DROP IN) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	5 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	6 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM HS BACK WALKOVER + FLICK FLACK (4W) (LOUIS)	7 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) 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 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 5)
9 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	10 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	11 700PM - 815PM NEW>>> EDGEWORK HEELS + COMBO (DIONNE) (Week 1) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	12 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	13 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM HS BACK WALKOVER + FLICK FLACK (4W) (LOUIS)	14 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS)	15 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 6)
HAPPY LUNAR NEW YEAR!						
16 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	17 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	18 700PM - 815PM NEW>>> EDGEWORK HEELS + COMBO (LOUIS) (Week 2) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	19 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	20 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM HS BACK WALKOVER + FLICK FLACK (4W) (LOUIS)	21 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	22 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 7)
MARCH >>>						
23 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	24 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE) POLE PRACTICE 9.00PM - 10.00PM	25 700PM - 815PM (75 mins) EDGEWORK HEELS + COMBO (LOUIS) (Week 3) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	26 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	27 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) 900PM - 1000PM HS BACK WALKOVER + FLICK FLACK (4W) (LOUIS)	28 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) 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 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 8)
CREATIVITY DAY						
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
9 645PM - 745PM LEVEL X FAIRY (8W) (LISA) 750PM - 850PM LEVEL X PERSEPHONE (8W) (LOUIS)	10 645PM - 745PM LEVEL X CERBERUS (8W) (DIONNE) 750PM - 850PM LEVEL X POSEIDON (8W) (DIONNE)	11 700PM - 815PM (75 mins) EDGEWORK HEELS + COMBO (LOUIS) (Week 4) 830PM - 930PM LEVEL X ELF (8W) (LOUIS)	12 645PM - 745PM LEVEL X ELF (8W) (DIONNE) 750PM - 850PM LEVEL X DRAGON (8W) (LOUIS) 855PM - 955PM LEVEL X GRIFFIN (8W) (LOUIS)	13 645PM - 745PM MASTERS TO NOWHERE (8W) (LOUIS) 750PM - 850PM LEVEL X HADES-HERA (8W) (LOUIS) TBC	14 POLE PRACTICE 11.00AM - 12.00NN 1205PM - 105PM LEVEL X PERSEPHONE (8W) (LOUIS) 110PM - 210PM LEVEL X ANGEL (8W) (LOUIS) POLE PRACTICE 2.30PM - 3.30PM POLE PRACTICE 3.30PM - 4.30PM	15 POLE PRACTICE 11.00AM - 12.00NN POLE PRACTICE 12.00NN - 1.00PM 130PM - 300PM 3-IN-1 EXO BOOTCAMP (16W) (Week 9)