TERM 4 - JULY TO SEPTEMBER 2026
PXD ACADEMY @ CARPENTER STREET (MINOTAUR ROOM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUNE >>>						
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
22	23	24	25	26	27	28
645PM - 745PM **LEVEL X ANGEL** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 4)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	700PM - 815PM (75 mins) **FEMME FATALE FLOW INTRO** **(DIONNE)** (5W) 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 7)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X BASILISK** (8W) **(LOUIS)** 900PM - 1015PM (75 mins) **SEXY & FIERCE HEELS OPEN** **(ERINA)** (5W)	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 7)	1205PM - 105PM **LEVEL X HYDRA** (8W) **(ANGE)** 110PM - 210PM **LEVEL X HYDRA** (8W) **(ANGE)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 9) 400PM - 530PM **EIPC TRAINING**	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 7) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 6)
		JULY >>>				
29	30	1	2	3	4	5
645PM - 745PM **LEVEL X ANGEL** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 5)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	700PM - 815PM (75 mins) **FEMME FATALE FLOW INTRO** **(ANGE)** (5W) 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 8)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X BASILISK** (8W) **(LOUIS)** 900PM - 1015PM (75 mins) **SEXY & FIERCE HEELS OPEN** **(LOUIS)** (5W)	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 8)	1205PM - 105PM **LEVEL X HYDRA** (8W) **(ANGE)** 110PM - 210PM **LEVEL X HYDRA** (8W) **(ANGE)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 10) 400PM - 530PM **EIPC TRAINING**	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 8) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 7)
6	7	8	9	10	11	12
645PM - 745PM **LEVEL X ANGEL** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 6)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	700PM - 815PM (75 mins) **FEMME FATALE FLOW INTRO** **(KIM)** (5W) 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 9)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X BASILISK** (8W) **(LOUIS)** 900PM - 1015PM (75 mins) **SEXY & FIERCE HEELS OPEN** **(LISA)** (5W)	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 9)	1205PM - 105PM **LEVEL X HYDRA** (8W) **(ANGE)** 110PM - 210PM **LEVEL X HYDRA** (8W) **(ANGE)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 11) 400PM - 530PM **EIPC TRAINING**	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 9) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 8)
START OF TERM 4 2026 FOR LEVEL CLASSES >>						
13	14	15	16	17	18	19
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 7)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	700PM - 815PM (75 mins) **FEMME FATALE FLOW INTRO** **(LISA)** (5W) 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 10)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** 900PM - 1015PM (75 mins) **SEXY & FIERCE HEELS OPEN** **(KIM)** (5W)	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 10)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 12)	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 10) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 9)
20	21	22	23	24	25	26
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 8)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	700PM - 815PM (75 mins) **FEMME FATALE FLOW INTRO** **(LOUIS)** (5W) 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 11)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** 900PM - 1015PM (75 mins) **SEXY & FIERCE HEELS OPEN** **(WEI)** (5W)	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 11)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 13)	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 11) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 10)
					AUGUST >>>	
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
27	28	29	30	31	1	2
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 9)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	**TBC** 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 12)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** **TBC**	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 12)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 14)	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 12) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 11)
3	4	5	6	7	8	9
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 10)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	**TBC** 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 13)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** **TBC**	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 13)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 15)	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 13) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 12)
10	11	12	13	14	15	16
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 11)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	**TBC** 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 14)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** **TBC**	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 14)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** 215PM - 345PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 16)	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 14) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 13)
17	18	19	20	21	22	23
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 12)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	**TBC** 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 15)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** **TBC**	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 15)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** **TBC**	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 15) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 14)
24	25	26	27	28	29	30
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 13)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	**TBC** 830PM - 1000PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 16)	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** **TBC**	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** 800PM - 930PM **EXO FLOW INTENSE BC BEG** **(16W)** (Week 16)	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** **TBC**	1200PM - 130PM **FLEXY BOOTCAMP SPECIAL** **(16W)** (Week 16) 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 15)
	SEPTEMBER >>>					
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
31	1	2	3	4	5	6
645PM - 745PM **LEVEL X BASILISK** (8W) **(LOUIS)** 800PM - 930PM **SLINKY HEELS BOOTCAMP 2** **(16W)** (Week 14)	645PM - 745PM **LEVEL X HERA** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X GRIFFIN** (8W) **(LOUIS)** 855PM - 955PM **LEVEL X HADES-HERA** (8W) **(LOUIS)**	**TBC** **TBC**	645PM - 745PM **LEVEL X HADES** (8W) **(LOUIS)** 750PM - 850PM **LEVEL X ANGEL** (8W) **(LOUIS)** **TBC**	645PM - 745PM **LEVEL X POS-PERS** (8W) **(DIONNE)** **TBC**	1205PM - 105PM **LEVEL X ANGEL** (8W) **(ANGE/LOUIS)** 110PM - 210PM **LEVEL X DRAGON** (8W) **(LOUIS)** **TBC**	**TBC** 130PM - 300PM **EXO FLOW INTENSE BC** **INTER (16W)** (Week 16)