



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24 TERM 4 >>> 645PM - 745PM LEVEL X BASILISK (BW) (LOUIS) 800PM - 930PM SLINKY HEELS BOOTCAMP 2 (16W) (Week 13)	25 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X GRIFFIN (BW) (LOUIS) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	26 700PM - 815PM (75mins) RED - HOT DYNAMIC FLOW REG (LOUIS) (SW) 830PM - 1000PM EXO FLOW INTENSE BC INTER (16W) (Week 16)	27 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X ANGEL (BW) (LOUIS) 900PM - 1015PM (75 mins) HEELS + CHAIR FLOW OPEN (LSA) (SW)	28 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 800PM - 930PM EXO FLOW INTENSE BC BEG (16W) (Week 15)	29 1205PM - 105PM LEVEL X ANGEL (BW) (ANGE/LOUIS) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS)	30 1200PM - 130PM FLEX BOOTCAMP SPECIAL (16W) (Week 16) 130PM - 300PM EXO FLOW INTENSE BC INTER (16W) (Week 14)
SEPTEMBER >>>						
31 645PM - 745PM LEVEL X BASILISK (BW) (LOUIS)	1 645PM - 745PM LEVEL X HERA (BW) (LOUIS) 750PM - 850PM LEVEL X GRIFFIN (BW) (LOUIS) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	2 CREATIVITY DAY	3 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X ANGEL (BW) (LOUIS)	4 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 800PM - 930PM EXO FLOW INTENSE BC BEG (16W) (Week 16)	5 1205PM - 105PM LEVEL X ANGEL (BW) (ANGE/LOUIS) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 1) 400PM - 530PM IPC TRAINING	6 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 1) 130PM - 300PM EXO FLOW INTENSE BC INTER (16W) (Week 15)
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
7 800PM - 930PM SLINKY HEELS BOOTCAMP 2 (16W) (Week 14)	8 CREATIVITY DAY	9 700PM - 815PM (75 mins) SLINKY O'SCH OPEN (ERINA) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 1)	10 CREATIVITY DAY	11 CREATIVITY DAY	12 CREATIVITY DAY	13 130PM - 300PM EXO FLOW INTENSE BC INTER (16W) (Week 16)
START OF TERM 5 2026 FOR LEVEL CLASSES >>>						
14 WEEK 1 645PM - 745PM LEVEL X BASILISK (BW) (LOUIS) 800PM - 930PM SLINKY HEELS BOOTCAMP 2 (16W) (Week 15)	15 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	16 700PM - 815PM (75 mins) SLINKY O'SCH OPEN (CHARLENE) (4W) 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 2)	17 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS)	18 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	19 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY 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 (BW) (LOUIS) 800PM - 930PM SLINKY HEELS BOOTCAMP 2 (16W) (Week 16)	22 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (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 (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS)	25 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	26 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY 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 (BW) (LOUIS)	29 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (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 (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS)	2 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	3 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 4) 400PM - 530PM IPC TRAINING	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 (BW) (LOUIS) TBC	6 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	7 TBC 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 5)	8 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS)	9 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	10 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 5) 400PM - 530PM IPC TRAINING	11 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 5) TBC
12 645PM - 745PM LEVEL X CERBERUS (BW) (LOUIS) TBC	13 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	14 TBC 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 6)	15 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS) TBC	16 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	17 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 6) 400PM - 530PM IPC TRAINING	18 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 6) TBC
19 645PM - 745PM LEVEL X CERBERUS (BW) (LOUIS) TBC	20 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	21 TBC 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 7)	22 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS) TBC	23 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	24 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 7) 400PM - 530PM IPC TRAINING	25 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 7) TBC
NOVEMBER						
START OF NEW MONTH FOR NON LEVEL CLASSES >>>						
26 645PM - 745PM LEVEL X CERBERUS (BW) (LOUIS) TBC	27 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	28 TBC 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 8)	29 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS) TBC	30 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	31 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 8) 400PM - 530PM IPC TRAINING	1 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 8) TBC
19 645PM - 745PM LEVEL X CERBERUS (BW) (LOUIS) TBC	20 645PM - 745PM HERA FAR FROM ZEUS (BW) (LOUIS) 750PM - 850PM LEVEL X POS-PERS (BW) (LOUIS/DIONNE) 855PM - 955PM LEVEL X HADES-HERA (BW) (LOUIS)	21 TBC 830PM - 1000PM STRENGTH BOOTCAMP NEW (16W) (Week 9)	22 645PM - 745PM LEVEL X HADES (BW) (LOUIS) 750PM - 850PM LEVEL X BASILISK (BW) (LOUIS) TBC	23 645PM - 745PM LEVEL X POS-PERS (BW) (DIONNE) 750PM - 850PM LEVEL X ANGEL (BW) (DIONNE)	24 1205PM - 105PM LEVEL X BASILISK (BW) (ANGE) 110PM - 210PM LEVEL X DRAGON (BW) (LOUIS) 215PM - 345PM FLEX BOOTCAMP SPLITY TRICKS (16W) (Week 9) 400PM - 530PM IPC TRAINING	25 1200PM - 130PM EXO FLOW INTENSE BC BEG (16W) (Week 9) TBC