



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

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