

TERM 2 , Monday 17th March - Sunday 25th May, 2025

MONDAY			TUESDAY			WEDNESDAY		
	CENTRE STAGE	STAGE RIGHT		CENTRE STAGE	STAGE RIGHT		CENTRE STAGE	STAGE RIGHT
5pm	Practice	Practice	5pm	Practice	Practice	5pm		
6pm			6pm	POLE FLOW (low intermediate +) Ophelia	SILVER HEELS (intermediate) Anthea	6pm	GOLD PREP (high intermediate) Ophelia	SILVER SLING (beginners +) Demi
7pm	SILVER POLE (intermediate) Miss Dahlia	GOLD LYRA (Flying Low) (high intermediate) Kel	7pm	GOLD PREP (high intermediate) Ophelia	BURLESQUE (beginners +) Fury	7pm	PLATINUM POLE Ophelia (advanced)	BRONZE HEELS (beginners +) Anthea
8pm	POLE JAM (intermediate) Miss Dahlia	SILVER LYRA (low intermediate) Kel	8pm		BRONZE FIRE PLAY (beginners +) Fury	8pm	GOLD POLE (high intermediate) Ophelia	
THURSDAY			SATURDAY					
	CENTRE STAGE	STAGE RIGHT		CENTRE STAGE	STAGE RIGHT			
			9am					
6pm	CHAIR / POLE JAM (low intermediate +) Dallas	GOLD SLING (high intermediate) Luna	10am	PLATINUM POLE (advanced) Dallas	Practice			
7pm	BRONZE POLE (beginners) Teigan	GOLD LYRA (high intermediate) Luna	11am	SILVER POLE TRICKS (low intermediate +) Dallas	SILVER FIRE PLAY & PROPS (intermediate) Fury			
8pm	INTRO TO POLE CHOREO (low inter+) Teigan	PLATINUM LYRA (advanced) Luna	12pm	SILVER POLE JAM (low intermediate +) Dallas				

TERM 3 , Monday 26th May - Sunday 3rd August, 2025

MONDAY			TUESDAY			WEDNESDAY		
	CENTRE STAGE	STAGE RIGHT		CENTRE STAGE	STAGE RIGHT		CENTRE STAGE	STAGE RIGHT
5pm	Practice	Practice	5pm	Practice	Practice	5pm		
6pm	BASEWORK (intermediate) Miss Dahlia		6pm	POLE FLOW (low intermediate +) Ophelia	SILVER HEELS (intermediate) Anthea	6pm	GOLD PREP (high intermediate) Ophelia	SILVER SLING (beginners +) Demi
7pm	SILVER POLE (intermediate) Miss Dahlia	GOLD LYRA (Flying Low) (high intermediate) Kel	7pm	GOLD PREP (high intermediate) Ophelia	BURLESQUE (beginners +) Fury	7pm	PLATINUM POLE (advanced) Ophelia	BRONZE HEELS (beginners +) Anthea
8pm	POLE JAM (intermediate) Miss Dahlia	SILVER LYRA (low intermediate) Kel	8pm	BRONZE POLE (beginners)	FIRE PLAY (beginners +) 90min Fury	8pm	GOLD POLE (high intermediate) Ophelia	BRONZE SLING (beginners +)
THURSDAY			SATURDAY					
	CENTRE STAGE	STAGE RIGHT		CENTRE STAGE	STAGE RIGHT			
	Practice							
6pm	GOLD POLE (high intermediate) Dallas	GOLD SLING (high intermediate) Luna	9am	PLATINUM POLE (advanced) Dallas	Practice			
7pm	POLE JAM (low intermediate +) Dallas	GOLD LYRA (high intermediate) Luna	10am	SILVER POLE TRICKS (low intermediate +) Dallas				
8pm	SILVER POLE (low inter+) Dallas	PLATINUM LYRA (advanced) Luna	11pm	SILVER POLE JAM (low intermediate +) Dallas				