**Term 5 - 13th October - 8th November 2025**

**Bronze - Beginners Silver - Intermediate**

**Gold - High Intermediate Platinum - Advanced**

|  | **MONDAY** |  |  | **TUESDAY** |  |  | **WEDNESDAY** |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | CENTRE STAGE | STAGE RIGHT |  | CENTRE STAGE | STAGE RIGHT |  | CENTRE STAGE | STAGE RIGHT |
| 5pm | Practice | Practice | 5pm | Practice | Practice | 5pm |  |  |
| 6pm | PLATINUM POLEDallas |  | 6pm | POLE FLOW(INT +)Ophelia | SILVER HEELSAnthea | 6pm | GOLD POLEDallas | BRONZE HEELSAnthea |
| 7pm | GOLD POLE JAM(HIGH INT+)Dallas | BRONZE LYRA TRICKSJess | 7pm | GOLD PREPOphelia  | BURLESQUEMiss Fury  | 7pm | CHAIR DANCE Mini | SILVER SLINGDemi |
| 8pm | SILVER POLEDallas | BRONZE LYRA CHOREOJess | 8pm | BRONZE POLE Brigette | FIRE PLAY(INT +) 90minsMiss Fury | 8pm |   | GOLD LYRADemi |
|  |  |  |  |  |  |
|  | **THURSDAY** |  |  |  |  |  |
|  | CENTRE STAGE | STAGE RIGHT |  |  |  |  |  |  |
| 5pm | Practice | Practice |  |  |  |  |  |  |
| 6pm | GOLD PREPMiss Dahlia |  |  |  |  |  |  |  |
| 7pm | SILVER POLE JAM(INT+)Miss Dahlia  |  |  |  |  |  |  |  |
| 8pm |  |  |  |  |  |  |  |  |