**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 POLE  Dallas |  | 6pm | POLE FLOW  (INT +)  Ophelia | SILVER HEELS  Anthea | 6pm | GOLD POLE  Dallas | BRONZE HEELS  Anthea |
| 7pm | GOLD POLE JAM  (HIGH INT+)  Dallas | BRONZE LYRA TRICKS  Jess | 7pm | GOLD PREP  Ophelia | BURLESQUE Miss Fury | 7pm | CHAIR DANCE  Mini | SILVER SLING  Demi |
| 8pm | SILVER POLE  Dallas | BRONZE LYRA CHOREO  Jess | 8pm | BRONZE POLE  Brigette | FIRE PLAY  (INT +) 90mins  Miss Fury | 8pm |  | GOLD LYRA  Demi |
|  |  | |  |  | |  |  | |
|  | **THURSDAY** | |  |  | |  |  |  |
|  | CENTRE STAGE | STAGE RIGHT |  |  |  |  |  |  |
| 5pm | Practice | Practice |  |  |  |  |  |  |
| 6pm | GOLD PREP  Miss Dahlia |  |  |  |  |  |  |  |
| 7pm | SILVER POLE JAM  (INT+)  Miss Dahlia |  |  |  |  |  |  |  |
| 8pm |  |  |  |  |  |  |  |  |