

TERM 1 , Monday 6th Jan - Sunday 16th March, 2025

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