

TERM 6 , Monday 28th October - Sunday 22nd December, 2024

| MONDAY | | | TUESDAY | | | WEDNESDAY | | |
|-----------------|--|--|-----------------|--|---|------------------|--|--|
| TIME | CENTRE STAGE | STAGE RIGHT | TIME | CENTRE STAGE | STAGE RIGHT | TIME | CENTRE STAGE | STAGE RIGHT |
| 5pm | Practice | Practice | 5pm | Practice | Practice | 5pm | | |
| 6pm | PLATINUM POLE (advanced) Dallas | | 6pm | POLE FLOW (low intermediate +) Ophelia | SILVER HEELS (intermediate) Anthea | 6pm | GOLD POLE (high intermediate) Dallas | SILVER SLING (beginner +) Demi |
| 7pm | SILVER POLE (intermediate) Dallas | GOLD LYRA (Flying Low) (high intermediate) Kel | 7pm | GOLD PREP (high intermediate prep) Ophelia | BURLESQUE (beginners +) Fury | 7pm | CHAIR / POLE JAM Dallas (beginners +) | BRONZE HEELS (beginners +) Anthea |
| 8pm | GOLD POLE (high intermediate) Dallas | SILVER LYRA (low intermediate) Kel | 8pm | BRONZE POLE CHOREO (beginners) Miss Dahlia | FIRE PLAY (beginners +) Fury | 8pm | | GOLD HEELS (advanced) Curie |
| | | | | | | | | |
| THURSDAY | | | SATURDAY | | | | | |
| TIME | CENTRE STAGE | STAGE RIGHT | TIME | CENTRE STAGE | STAGE RIGHT | | | |
| 6pm | SILVER POLE JAM (low intermediate +) Dallas | GOLD SLING (high intermediate) Luna | 10am | TRICKS & TECH (low intermediate +) Dallas | Practice | | | |
| 7pm | GOLD POLE (high intermediate) Dallas | GOLD LYRA (high intermediate) Luna | 11am | SILVER POLE JAM (low intermediate +) Dallas | | | | |
| 8pm | BRONZE POLE (beginners) Miss Dahlia | PLATINUM LYRA (advanced) Luna | | | | | | |

