

| | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | |
|---------|-------------------------------------|------------------|---------------------------------|------------------------|-----------------------------|-------------------------------|--------------------------|-------------------------|-----------------------------------|----------------------------------|-----------------------------------|-------------------------|------------------------|-------------------------------|---------|
| | The Parlour | The Conservatory | The Parlour | The Conservatory | The Parlour | The Conservatory | The Parlour | The Conservatory | The Parlour | The Conservatory | The Parlour | The Conservatory | The Parlour | The Conservatory | |
| 9.30am | Strength and Conditioning Lizzie | Training time | | | Flow Simie | Training time | Pole Level 2 Kaena | Training time | Pole Level 1 Lulu | Training time | Pole 1/2 Combos Simie | Training time | Pole Level 5 Claire | Pole Level 1 Amy R | 9.30am |
| 10.30am | Pole Level 2 Lizzie | Training time | | | Pole Level 3 Simie | Training time | Flow Kaena | Training time | Strength and Conditioning Lulu | Training time | Stretch & Flex Simie | Training time | Pole Level 3 Claire | Stretch & Flex Maddie | 10.30am |
| 11.30am | | | | | Stretch & Flex Simie | Training time | Pole Level 1 Kaena | Training time | | | | | Flow Maddie | Pole Level 2 Claire | 11.30am |
| 12.30pm | | | | | | | | | | | | | Pole Level 4 Maddie | Pole 1/2 Combos Kriszti | 12.30pm |
| 1.30pm | | | | | | | | | | | | | 4/5 combos Kriszti | Training time | 1.30pm |
| 2.30pm | | | | | | | | | | | | | | | 2.30pm |
| 3.30pm | Pole Level 3 Kaena | Training time | | | | | | | | | | | | | 3.30pm |
| 4.30pm | Flow Kaena | Training time | Pole 1/2 Combos Megan | Training time | Pole Level 1 Hazel | Training time | Beginner Flow Sam | Training time | Pole Level 3 Sam | Stretch & Flex Kaena | Intermediate basework Rosie | Training time | | | 4.30pm |
| 5.30pm | Pole Level 1 Kaena | Training time | Pole Level 3 Megan | Stretch & Flex Amy | Pole Level 2 Amber | Beginner basework Kaena | Flow Sam | Pole Level 2 Rosie | Pole 3/4 Combos Sam | Pole Level 1 Kaena | 4/5 combos Rosie | Pole Level 1 Kriszti | | | 5.30pm |
| 6.30pm | | | Pole Level 5 Amy | Pole Level 1 Izelle | Pole 2/3 Combos Amber | Stretch & Flex Kaena | Pole Level 5 Kristine | Stretch & Flex Kaena | Pole Level 4 Megan | Strength and Conditioning Sam | Pole 2/3 Combos Kriszti | Training time | | | 6.30pm |
| 7.30pm | | | Pole Level 4 Sam | Pole Level 2 Izelle | Pole level 3 Claire | Ballet Barre Kaena | Pole Level 3 Rosie | Pole Level 1 Kaena | Beginner Flow Megan | Pole Level 2 Sam | Stretch & Flex Ave | Training time | | | 7.30pm |
| 8.30pm | | | Intermediate basework Sam | Training time | Flow Claire | Training time | | | | | | | | | 8.30pm |
| 9.30pm | | | | | | | | | | | | | | | 9.30pm |