2026 Manue Term One

## 5 JANUARY 2026 TO 8 MARCH 2026 [CNY TERM BREAK: 16 FEBRUARY - 22 FEBRUARY]

| MONDAY  | TUESDAY                                | WEDNESDAY                                 | THURSDAY   | FRIDAY  | SATURDAY                                     | SUNDAY   |                  |
|---|--|---|--|---|--|--|------------------|
|   |  |   |  | POLE PRE-ADVANCED<br>1215PM-115PM<br>PERLYN     |  | POLE MAUVES (W1-4)<br>MAUVE FLOW (W5-8)<br>930AM-1030AM<br>JENIBELLE | INVERSION LEVELS |
| INTRO TO STRETCH (W1-4)<br>STRETCH (W5-8)<br>7PM-8PM<br>MAG | POLE INTERMEDIATE<br>7PM-8PM<br>PERLYN | POLE ADVANCED<br>7PM-8PM<br>VAL           | POLE MAUVES (W1-4)<br>MAUVE FLOW (W5-8)<br>7PM-8PM<br>PERLYN | POLE FUNDAMENTALS<br>7PM-8PM<br>JENIBELLE       | POLE PRE-ADVANCED<br>1040AM-1140AM<br>PERLYN | POLE INTERMEDIATE<br>1040AM-1140AM<br>JENIBELLE                      | TOTAL BEGINNERS  |
| TRICKS ADVANCED<br>810PM-910PM<br>MAG                       | POLE STARTERS<br>810PM-910PM<br>VICKI  | TRICKS PRE-ADVANCED<br>810PM-910PM<br>VAL | POLE PRE-ADVANCED<br>810PM-910PM<br>PERLYN                   | TRICKS INTERMEDIATE<br>810PM-910PM<br>JENIBELLE | POLE INTERMEDIATE<br>1150AM-1250PM<br>PERLYN | POLE FUNDAMENTALS<br>1150AM-1250PM<br>PERLYN                         | MULTI-LEVELS     |
|   |  |   |  |   | TRICKS FUNDAMENTALS<br>1PM-2PM<br>PERLYN     | TRICKS FUNDAMENTALS<br>1PM-2PM<br>PERLYN                             |                  |
|   |  |   |  |   | POLE STARTERS<br>210PM-310PM<br>ARIEL        | TRICKS INTERMEDIATE<br>210PM-310PM<br>PERLYN                         |                  |
|   |  |   |  |   |  |  |                  |