

	ALTITUDE CHRISTCHURCH CENTRAL																		
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			
	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	
10.00am	10.00 AM			10.00 AM			10.00 AM			10.00 AM			10.00 AM			10.00 AM			10.00am
10.30am	Training Time	Pole Level 1					Training Time	Pole Level 1	Training Time	Training Time	Pole Level 1		Training Time	Pole Level 1					10.30am
11.00am	10:00am - 11:00am	10:00am - 11:00am					10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am		10:00am - 11:00am	10:00am - 11:00am		Spin Tricks L2/3	Pole Flow	Training Time	11.00am
11.30am	Training Time	Pole Level 4	Training Time				Training Time	Pole Play	Training Time	Training Time	Pole Level 2		Training Time	Pole Play		10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	11.30am
12.00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm				11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm		11:00am - 12:00pm	11:00am - 12:00pm		Tricks 4/5	Pole Level 1	Training Time	12.00pm
12.30pm	Training Time		Back & Shoulders Stretch				Training Time		Stretch & Flex	Training Time		Stretch & Flex	Training Time	Stretch & Flex		11:30am - 12:30pm	11:30am - 12:30pm	11:30am - 12:30pm	12.30pm
1.00pm	12:00pm - 1:00pm		12:00pm - 1:00pm				12:00pm - 1:00pm		11:00am - 12:00pm	12:00pm - 1:00pm		12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm		Pole Level 3	Pole Level 2	Stretch & Flex	1.00pm
1.30pm																12:30pm - 1:30pm	12:30pm - 1:30pm	12:30pm - 1:30pm	1.30pm
4.30pm	4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30pm
5.00pm	Training Time		Training Time	Training Time	Pole Level 1					Training Time	Pole Level 1	Training Time							5.00pm
5.30pm	4:30pm - 5:30pm		4:30pm - 5:30pm	4:30pm - 5:30pm	4:30pm - 5:30pm					4:30pm - 5:30pm	4:30pm - 5:30pm	4:30pm - 5:30pm							5.30pm
6.00pm	Floor Flow	Pole Level 1	Training Time	Pole Level 3	Pole Level 2	Stretch & Flex	Pole Level 4	Pole Level 1	Twerk	Pole Level 2	Beginner Heels Flow	Stretch & Flex	Pole Level 2	Pole Level 1	Stretch & Protect				6.00pm
6.30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm				6.30pm
7.00pm	Beginner Heels Flow	Pole Level 4	Handstands	Pole Level 5	Pole Level 1	Splits Stretch	Pole Level 2	Intermediate Heels Flow	Stretch & Protect	Pole Level 3	Tricks L3/4	Dance Styles	Pole Level 1	Intermediate Floor & Basework	Twerk				7.00pm
7.30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm				7.30pm
8.00pm	Level 1 Pole	Pole Level 2	Splits Stretch	Pole Play	Beginner Floor & Basework	Back & Shoulders Stretch	Pole Level 3	Pole Level 1	Dance Styles	Pole Level 2	Pole Level 1	Back & Shoulders Stretch	Training Time	Pole Play	Training Time				8.00pm
8.30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm				8.30pm
9.00pm																			9.00pm
9.30pm																			9.30pm
10.00pm							altitudepole.co.nz												10.00pm



# ALTITUDE CHRISTCHURCH CENTRAL



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	<i>aerials room</i>	<i>the lounge</i>	<i>aerials room</i>	<i>the lounge</i>	<i>aerials room</i>	<i>floor space</i>	<i>aerials room</i>	<i>the lounge</i>	<i>aerials room</i>	<i>the lounge</i>	<i>aerials room</i>	<i>the lounge</i>	
10.00am	10.00 AM		10.00 AM		10.00 AM		10.00 AM		10.00 AM		10.00 AM		10.00am
10.30am	Training Time				Hoop Level 1		Training Time		Training Time				10.30am
11.00am	10:00am - 11:00am				10:00am - 11:00am		10:00am - 11:00am		10:00am - 11:00am		Aerial Play	Training Time	11.00am
11.30am	Aerial Play	Training Time			Tissu Level 1		Training Time		Training Time		10.30am - 11.30am	10:00am - 11:00am	11.30am
12.00pm	11:00am - 12:00pm	11:00am - 12:00pm			11:00am - 12:00pm		11:00am - 12:00pm		11:00am - 12:00pm		Training Time	Training Time	12.00pm
12.30pm	Training Time	Back & Shoulders Stretch			Training Time	Stretch & Flex	Training Time	Stretch & Flex	Training Time	Stretch & Flex	11:00am - 12:00pm	11:00am - 12:00pm	12.30pm
1.00pm	12:00pm - 1:00pm	12:00pm - 1:00pm			12:00pm - 1:00pm	11:00am - 12:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	Hoop Level 2	Stretch & Flex	1.00pm
1.30pm											12:30pm - 1:30pm	12:30pm - 1:30pm	1.30pm
2.00pm													2.00pm
4.30pm	4.30 PM		4.30 PM		4.30 PM		4.30 PM		4.30 PM		4.30 PM		4.30pm
5.00pm	Hoop Level 1	Training Time	Training Time				Training Time						5.00pm
5.30pm	4:30pm - 5:30pm	4:30pm - 5:30pm	4:30pm - 5:30pm				4:30pm - 5:30pm						5.30pm
6.00pm	Tissu Level 1	Training Time	Hoop Level 1	Stretch & Flex	Hoop Level 2	Twerk	Silks Level 3	Stretch & Flex	Hoop Level 1	Stretch & Protect			6.00pm
6.30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm			6.30pm
7.00pm	Silks Level 2	Handstands	Silks Combos	Stretch Splits	Silks Level 2	Stretch & Protect	Hoop Level 2	Dance Styles	Tissu Level 1	Twerk			7.00pm
7.30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	7:30pm - 8:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm			7.30pm
8.00pm	Hoop Combos	Stretch Splits	Hoop Level 3	Back & Shoulders Stretch	Tissu Level 1	Dance Styles	Sling Combos	Back & Shoulders Stretch	Training Time	Training Time			8.00pm
8.30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm			8.30pm
9.00pm													9.00pm
9.30pm													9.30pm
10.00pm							<a href="http://altitudeaerials.co.nz">altitudeaerials.co.nz</a>						10.00pm