

Altitude Christchurch Central																				
Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge
10.00 AM			10.00 AM			10.00 AM			10.00 AM			10.00 AM			10.00 AM			10.00 AM		
Training Time	Pole Level 1	Training Time				Training Time	Pole Level 1		Training Time	Pole Level 1		Training Time	Pole Level 1							
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			
Training Time	Pole Level 4					Training Time	Pole Play		Training Time	Pole Level 2		Training Time	Pole Play		10:30am - 11:30am	10:30am - 11:30am	10:30am - 11:30am	Training Time	Pole Play	Training Time
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		Pole Level 1	Advanced Heels Flow	Stretch & Flex	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm
									Training Time	Stretch & Flex Kristyna					11:30am - 12:30pm	11:30am - 12:30pm	11:30am - 12:30pm	Training Time		Stretch & Flex
									12:00pm - 1:00pm						Pole Level 2	Tricks 4/5		12:00pm - 1:00pm		12:00pm - 1:00pm
															12:30pm - 1:30pm	12:30pm - 1:30pm				
atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge
4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM		
Training Time		Training Time	Training Time	Pole Level 1		Training Time	Pole Level 1		Training Time	Pole Level 1	Training Time									
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	4:30pm - 5:30pm	4:30pm - 5:30pm									
Pole Level 1	Intermediate Floor Flow	Stretch & Flex	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						
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						
Pole Level 3	Beginner Heels Flow	Handstands & Conditioning	Pole Level 4	Pole Level 1	Splits Stretch	Pole Level 2	Beginner Floor & Basework	Back and Shoulders Stretch & Flex	Pole Level 3	Pole Level 4	Dance Styles	Pole Level 1	Intermediate Floor & Basework	Twerk						
6:30pm - 7:30pm	6:30pm - 7:30pm	6:30																		