pt

ALTITUDE POLE **ONEHUNGA TIMETABLE**

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	
9:00 AM											**Pole Level 1** Kate 9:00am - 10:00am	**Pole Level 2** Georgia 9:00am - 10:00am	**Pole Level 2** Laura T 9:00am - 10:00am	**Pole Play** Ashlee 9:00am - 10:00am	9:00 AM
9:30 AM															9:30 AM
10:00 AM	**Training Time**	**Pole Level 1** Lulu 10:00am - 11:00am	**Pole Level 2** Lulu 10:00am - 11:00am	**Training Time**					**Training Time**	**Spin 2/3 Combos** Kaena 10:00am -11:00am	**Pole Flow** Kate 10:00am - 11:00am	**Pole Level 3** Cass 10:00am - 11:00am	**Stretch** Laura T 10:00am - 11:00am	**Spin Pole Level 3/4** Ashlee 10:00am - 11:00am	10:00 AM
10:30 AM															10:30 AM
11:00 AM	**Training Time**	**Aerial Fit** Lulu 11:00am - 12:00pm	**Strength and Conditioning** Lulu 11:00am - 12:00pm	**Training Time**					**Training Time**	**Stretch** Kaena 11:00am - 12:00pm	**Pole Play** Cass 11:00am - 12:00pm	**Training Time**			11:00 AM
11:30 AM															11:30 AM
12:00 PM	**Training Time**	**Pole Level 3** Lulu 12:00pm - 1:00pm								**Pole Flow** Kaena 12:00pm - 1:00pm					12:00 PM
12:30 PM															12:30 PM
1:00 PM															1:00 PM
1:30 PM															1:30 PM
2:00 PM															2:00 PM
2:30 PM															2:30 PM
3:00 PM															3:00 PM
3:30 PM															3:30 PM
4:00 PM															4:00 PM
4:30 PM															4:30 PM
5:00 PM	**Pole Level 1** Jess 5:00pm - 6:00pm	**Pole Level 2** Cass 5:00pm -6:00pm	**Pole Level 3** Simie 5:00pm - 6:00pm	**Training Time**	**Training Time**	**Level 3/4 Combos** Jenny 5:00pm - 6:00pm	**Heels Flow** Ali 5:00pm - 6:00pm	**Spin Pole Level 1/2** Lily 5:00pm - 6:00pm					**Training Time**	**Aerial Yoga** Lozza 5:00pm-6:00pm	5:00 PM
5:30 PM															5:30 PM
6:00 PM	**Pole Flow** Jess 6:00pm - 7:00pm	**Spin Pole Level 1/2** Cass 6:00pm - 7:00pm	**Level 4/5 Combos** Simie 6:00pm - 7:00pm	**Stretch** Amy 6:00pm - 7:00pm	**Int Heels Flow** Laura F 6:00pm - 7:00pm	**Pole Level 1** Jenny 6:00pm - 7:00pm	**Pole Level 5** Ali 6:00pm -7:00pm	**Pole Level 3** Jane 6:00pm - 7:00pm	**Pole Level 1** Shelby 6:00pm - 7:00pm	**Pole Play** Emma C 6:00pm - 7:00pm				*Start date Feb	6:00 PM
6:30 PM															6:30 PM
7:00 PM	**Pole Level 4** Maddie 7:00pm - 8:00pm	**Spin 2/3 Combos** Jess 7:00pm -8:00pm	**Pole Level 1** Simie 7:00pm - 8:00pm	**Pole Level 2** Amy 7:00pm - 8:00pm	**Basework** Maggie 7:00pm - 8:00pm	**Stretch** Amy 7:00pm - 8:00pm	**Pole Level 2** Jane 7:00pm - 8:00pm	**Spin Pole Level 4** Maddie 7:00pm - 8:00pm	**Stretch** Shelby 7:00pm - 8:00pm	**Level 1/2 Combos** Emma C 7:00pm - 8:00pm					7:00 PM
7:30 PM															7:30 PM
8:00 PM	**Pole Level 5** Maddie 8:00pm - 9:00pm	**Training Time**	**Flow Foundations** Ruby 8:00pm - 9:00pm	**Training Time**	**Pole Level 4** Maggie 8:00pm - 9:00pm	**Level 2/3 Combos** Amy 8:00pm - 9:00pm	**Pole Level 1** Georgia 8:00pm - 9:00pm	**Stretch** Maddie 8:00pm - 9:00pm							8:00 PM
8:30 PM															8:30 PM
9:00 PM															9:00 PM