

Altitude
pole & fitness

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	
9.00am															9.00am
9.30am															9.30am
10.00am			Pole Play		HIIT		Stretch & Flex				Pole Level 1				10.00am
10.30am			10.00am - 11.00am		10.00am - 11.00am		10.00pm - 11.00am				10.00am - 11.00pm				10.30am
11.00am			Pole Level 1		Pole Level 1		Tone and Condition				Build a Flow				11.00am
11.30am			11.00am - 12.00pm		11.00am - 12.00pm		11.00am - 12.00pm				11.00pm - 12.00pm				11.30am
12.00pm			Stretch & Flex		Beginner Pole Flow						Pole Level 2				12.00pm
12.30pm			12.00pm - 1.00pm		12.00pm - 1.00pm						12.00pm - 1.00pm				12.30pm
1.00pm											Heels 101				1.00pm
1.30pm											1.00pm - 2.00pm				1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm															3.00pm
3.30pm															3.30pm
4.00pm													Beginner Pole Flow	Stretch & Flex	4.00pm
4.30pm													3.30pm - 4.30pm	3.30pm - 4.30pm	
4.30pm					Pole Play								Pole Play	Floor Flow	4.30pm
5.00pm					4.30pm - 5.30pm								4.30pm - 5.30pm	4.30pm - 5.30pm	5.00pm
5.30pm	Pole Level 1	Advanced Hand Balance	Pole Level 4	RnR Stretch	Static Rotations	HIIT	Pole Level 1	Stretch & Flex	Spin Pole Combos	Floor Flow			Pole Level 1	Beginner Hand Balance	5.30pm
6.00pm	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	6.00pm
6.30pm	Pole Level 3	Stretch & Flex	Pole Level 3	Tone and Condition	Pole Level 4/5 Combos	Stretch & Flex	Intermediate Spin Pole		Pre-Inter Spin Pole	Flow Jazz/ contemporary					6.30pm
7.00pm	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					7.00pm
7.30pm	Pole Level 2	Flow Jazz/ contemporary	Pole Level 1	Floor Flow	Beginner Spin Pole	Beginner Hand Balance	Seductive Pole Flow		Seductive Pole Flow	Stretch & Flex					7.30pm
8.00pm	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					8.00pm
8.30pm															8.30pm
9.00pm															9.00pm
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