

ALTITUDE POLE TAKAPUNA TIMETABLE

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Summers	Barr	Summer	Barr	Summers	Barr	Summers	Barr	Summers	Barr	Summers	Barr	Summers	Barr	
9.30am					Chair flow		Pole Level 1		Spin Pole Level 2		Aerial Fit	Training Time	Pole Level 1	Spin Pole Level 2	9.30am
10.00am					Kaena 9:30am-10:25am		Kaena 9:30am-10:25am		Lulu 9:30am-10:25am		Kathryn 9:30am-10:25am	9:30am-10:25am	Kaena 9:30am-10:25pm	Lulu 9:30am - 10:25am	10.00am
10.30am	Flow	Training Time			Ballet Barre		Pole Level 2	Training Time	Beginner Flow		Aerial yoga	Training Time	Stretch Legs & Hips	Aerial Fit	10.30am
11.00am	Hine 10:30am-11:25am	10:30am-11:25am			Kaena 10:30am-11:25am		Kaena 10:30am -11:25am	10:30am-11:25am	Lulu 10:30am-11:25am		Kathryn 10:30am-11:25am	10:30am-11:25am	Kaena 12:30pm-1:25pm	Lulu 10:30am-11:25am	11.00am
11.30am	Pole Level 2	Pole Level 3			Level 3		Stretch Back						Pole Play	Flow	11.30am
12.00pm	Hine 11:30am-12:25am	Sarah 11:30am-12:25am			Sass 11:30am-12:25pm		Kaena 11:30-12:25pm						Kriszti 11:30am-12:25pm	Maddy 11:30am-12:25pm	12.00pm
12.30pm		3/4 Combos											Pole Level 4/5	Pole Level 4	12.30pm
1.00pm		Sarah 11:30am-12:25pm											Kriszti 12:30pm-1:25pm	Maddy 12:30pm-1:25pm	1.00pm
1.30pm													Flow - Fortnightly	Heels Tricks	1.30pm
2.00pm													Michelle 1:30pm-2:25pm	Maddy 1:30pm-2:25pm	2.00pm
2.30pm											Spin Pole Level 3			Spin Pole Level 3	2.30pm
3.00pm											Abbey 2:30pm-3:25pm			Maddy 2:30pm-3:25pm	3.00pm
3.30pm	Ballet Barre										Flow				3.30pm
4.00pm	Kaena 3:30pm-4:25pm										Abbey 3:30pm-4:25pm				4.00pm
4.30pm	Chair flow		Pole Play	Pole Level 1	Pole Level 2	Pole Level 5	Beginner Flow		Pole Level 4	Training Time	Pole Level 1	Pole Level 2			4.30pm
5.00pm	Kaena 4:30pm-5:25pm		Jenna 4:30pm-5:25pm	Abbey 4:30pm-5:25pm	Sarah 4:30pm-5:25pm	Koko 4:30pm-5:25pm	Sam 4:30pm-5:25pm		Sass 4:30pm-5:25pm	n/a 4:30pm-5:25pm	Sam 4:30pm-5:25pm	Jenna 4:30pm-5:25pm			0.00pm
5.30pm	Spin Pole Level 2		Spin Pole Level 4	Pole Level 2	Stretch Legs & Hips	Intro to Pole		Pole Level 3	Ballet Barre	3/4 Combos	Pole Level 3	Spin Pole Level 2			0.30pm
6.00pm	Kaena 5:30pm-6:25pm		Jenna 5:30pm-6:25pm	Amy 5:30pm-6:25pm	Celeste 5:30pm-6:25pm	Sarah 5:30pm-6:25pm		Sam 5:30pm-6:25pm	Kaena 5:30pm-6:25pm	Sass 5:30pm-6:25pm	Jenna 5:30pm-6:25pm	Sam 5:30pm-6:25pm			6.00pm
6.30pm			Pole Level 4	Pole Level 5	Flow	Pole Level 2	Level 4	Aerial Yoga	Flow	Strength & Conditioning	Pole Play	Aerial Yoga			6.30pm
7.00pm			Kristine 6:30pm - 7:25pm	Amy 6:30pm-7:25pm	Susie 6:30pm-7:25pm	Celeste 6:30pm-7:25pm	Kristine 6:30pm-7:25pm	Sam 6:30pm-7:25pm	Kaena 6:30pm-7:20pm	Vanessa 6:30pm-7:25pm	Jenna 6:30pm-7:25pm	Sam 6:30pm-7:25pm			7.00pm
7.30pm			Pole Level 1	Stretch Back	Spin Pole Level 3	Aerial Fit	Flow	Level 5	Pole Level 1	Aerial Fit					7.30pm
8.00pm			Sam 7:30pm-8:25pm	Jenna 7:30pm-8:25pm	Susie 7:30pm-8:25pm	Crystal 7:30pm-8:25pm	Kaena 7:30pm-8:25pm	Kristine 7:30pm-8:25pm	Kaena 7:30pm-8:25pm	Vanessa 7:30pm-8:25pm					8.00pm
8.30pm						Pole Level 1	Pole Level 2								8.30pm
9.00pm						Crystal 8:30pm-9:25pm	Kaena 8:30pm-9:25pm								9.00pm