

# ALTITUDE POLE WIGRAM 2024 TIMETABLE



		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
		<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	<i>The Parlour</i>	<i>The Attic</i>	<i>The Ballroom</i>	
10.00		Pole Level 3 Kirsty	Aerial Training Time	Pole Level 1 Ellen													Pole Level 3 Kirsty	Silks Level 2 Andrew	Pole Level 1 Asha				
11.00		Pole Training Time	Hoop Level 2 Kirsty	Full Body Stretch Ellen			Pole Training Time	Aerial Training Time	Pole Level 1 Ellen								Pole Training Time	Hoop Level 3 Violet	Full Body Stretch Andrew				
12.00			Hoop Level 1 Kirsty				Pole Level 4 Kirsty	Aerial Training Time	Pole Level 2 Ellen								Pole Training Time	Aerial Play Violet	Pole Play Kirsty				
3.30																					Pole Training Time	Silks Level 1 Christina	
4.30		Pole Training Time	Aerial Training Time	Pole Level 1 Ellen			Pole Training Time	Aerial Training Time	Pole Level 2 Kirsty	Pole Training Time	Aerial Training Time		Pole Training Time	Aerial Training Time							Pole Level 1 Dara	Stretch and Protect Christina	4 / 5 Pole Combos Olivia
5.30		Twerk Asha	Silks Level 2 Ines / Cat	Pole Level 2 Laura	Pole Level 3 Jolene	Silks Level 1 Jess	Pole Level 1 Dara	Spin Pole Level 3 Becky	Hoop Level 2 Kirsty	Pole Level 1 Jess	Pole Level 4 Nicole	Hoop Level 1 Jen	Intermediate Heels Flow Kirsty	Full Body Stretch Ellen	Silks Level 3 Ines	Pole Level 3 Asha					Aerial Training Time	Floorwork Olivia	
6.30		Pole Level 3 Asha	Stretch (Back Bending) Cat	Pole Level 1 Laura	Pole Level 4 Olivia	Hoop Level 1 Jess	Pole Level 2 Helena	Pole Level 3 Becky	Aerial Flow Rotating	Spin Pole Level 1 Jess	Spin Pole Level 4 / 5 Nicole	Silks Level 1 Jen	Beginner Floorwork Shontelle	Twerk Asha	Hoop Level 2 Ines	Flow & Freestyle Ellen							
7.30		Full Body Stretch Jolene	Hoop Level 2/3 Combos Cat	Pole Flow Rotating	Pole Level 5 Rotating	Stretch (Splits) Dara	Beginner Heels Flow Ellen	Spin Pole Level 2 Dara	Stretch + Christina	Advanced Heels Flow Becky	Pole Level 2 Georgia	Stretch (Beg. Back Bending) Shontelle	Pole Level 1 Jolene	Pole Training Time	Aerial Training Time	Pole Play Ellen							