ALTITUDE POLE HAMITLON TIMETABLE

Altitude

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	THE TRICKSTER	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*
7:00 AM																					
7:30 AM																					
8:00 AM																					
8:30 AM																					
9:00 AM				**Pole Level 2**			**Pole Level 3/4 Combos**						**Pole Level 1**			**Pole Level 1**	**Training Time**				
9.30am				9:00:00 AM Sophia			9am - Ash						9:00:00 AM Ash			9:00:00 AM Alyna	9:00 AM				
10:00 AM				**Pole Level 1**	**Training Time**		**Beginner Pole Flow**	**Training Time**					**Training Time**		**Stretch & Flex**	**Training Time**		**Stretch & Flex**			
10.30am				10am Nika	10:00 AM		10am Ash	10:00 AM					10:00 AM		10am - Ash	10:00 AM		10am - Alyna			
11:00 AM																					
11:30 AM																					
4:30 PM																					
5:00 PM													**Pole Level 3**								
5:30 PM													4:30pm Nika								
6:00 PM	**Pole Level 3**	**Pole Play**		**Basework Flow**	**Pole Level 2**		**Pole Level 3**		**Stretch & Flex**	**Level 4/5 Combos**	**Pole Level 1**		**Pole Level 2**	**Training Time**					**Level 2/3 Combo Class**		
6:30 PM	5.30pm - Emma	5.30pm - Siobhan		5:30pm Alyna	5:30pm-Emma		5.30pm - Seren		5.30pm - Jody	5:30pm Alyna	5:30pm - Nika		5.30pm - Nika	5:30 PM					5:30pm Siobhan		
7:00 PM	**Pole Level 4**	**Pole Level 2**		**Pole Level 3**	**Pole Level 1**		**Pole Level 5**	**Training Time**		**Beginner Pole Flow**	**Level 2/3 Combos**	**Beginner Hand Balance**							**Beginner Pole Flow**	**Training Time**	
7:30 PM	6.30pm - Gemma	6:30pm Crystal		6.30pm - Alyna	6:30pm - Emma		6.30pm - Jody	7:30 PM		6.30pm - Nika	6:30pm - Seren	6:30:00 PM - Jess							6:30pm - Siobhan	6:30 PM	
8:00 PM	**Intermediate Pole Flow**	**Pole Level 1**	**Stretch & Flex**	**Beginner Pole Flow**	**Training Time**		**Twerk 101**	**Pole Level 1**		**Pole Play**	**Pole Level 2**										
8:30 PM	7.30pm - Stacey	7:30:00 PM - Cry	7:30pm Gemma	7.30pm - Cherry	7:30 PM		7:30pm Bailee	7.30pm - Ash		5.30pm - Alyna	7:30pm - Laura										
9:00 PM																					
9:30 PM																					