ALTITUDE POLE HAMITLON TIMETABLE

Altitude Pole Fitness

	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 Play									Pole Level 1	Training Time				
9.30am				Pole Level 1	Training Time		9:00am - Ashlee									9:00am - Jorja	9:00 AM				
10:00 AM				9:30am - Nika	9:30 AM		Beginner Pole Flow	Training Time					Training Time	Stretch & Flex		Beginner Pole Flow					
10.30am				Pole Level 2	Training Time		10:00am - Ashlee	10:00 AM					10:00 AM	10:00am - Ash		10:00am - Jorja					
11:00 AM				10:30am - Nika	10:30 AM																
11:30 AM																					
4:30 PM																					
5:00 PM													Pole Level 3	Training Time							
5:30 PM													4:30pm Nika	4:30 PM							
6:00 PM	Pole Level 3	Pole Play		Training Time	Pole Level 2		Pole Level 3		Stretch & Flex	Training Time	Pole Level 1	Beginner Hand Balance	Pole Level 2	Training Time					Level 2/3 Combo Class		
6:30 PM	5.30pm - Emma	5.30pm - Carrie-Anne		5:30 PM	5:30pm - Carrie-A		5.30pm - Xanthe		5.30pm - Jody	5:30 PM	5:30pm - Nika	5:30 PM - Jess	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	Pole Level 4								Stretch & Flex	Training Time	
7:30 PM	6.30pm - Emma	6:30pm Crystal		6.30pm - Alyna	6:30pm - Emma		6.30pm - Jody	6:30 PM		6.30pm - Nika	6:30pm - Ashlee								6:30pm - Siobhar	6:30 PM	
8:00 PM	Intermediate Pole Flow	Pole Level 1	Stretch & Flex	Beginner Pole Flow	Training Time		BadASS Flow	Pole Level 1		Pole Level 3	Pole Level 2										
8:30 PM	7.30pm - Stacey	7:30pm - Crystal	7:30pm Jess	7.30pm - Cherry	7:30 PM		7:30pm Bailee	7.30pm - Ashlee		7.30pm - Alyna	7:30pm - Laura										
9:00 PM																					