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** 9:00am - Nika			**Pole Level 3/4 Combos** 9:00am - Ash						**Pole Play** 9:00am - Ash			**Beginner Pole Flow** 9:00am - Alyna	**Training Time** 9:00 AM				
9.30am																					
10:00 AM				**Pole Level 1** 10:00am - Nika	**Training Time** 10:00 AM		**Beginner Pole Flow** 10:00am - Ash	**Training Time** 10:00 AM					**Training Time** 10:00 AM		**Stretch & Flex** 10:00am - Ash	**Pole Level 1** 10:00am - Alyna					
10.30am																					
11:00 AM																					
11:30 AM																					
4:30 PM																					
5:00 PM													**Pole Level 3** 4:30pm Nika								
5:30 PM																					
6:00 PM	**Pole Level 3** 5.30pm - Emma	**Pole Play** 5.30pm - Siobhan		**Basework Flow** 5:30pm - Alyna	**Pole Level 2** 5:30pm - Carrie-A		**Pole Level 3** 5.30pm - Seren		**Stretch & Flex** 5.30pm - Jody	**Level 4/5 Combos** 5:30pm - Alyna	**Pole Level 1** 5:30pm - Nika	**Beginner Hand Balance** 5:30 PM - Jess	**Pole Level 2** 5.30pm - Nika	**Training Time** 5:30 PM					**Level 2/3 Combo Class** 5:30pm - Siobhan		
6:30 PM																					
7:00 PM	**Pole Level 4** 6.30pm - Emma	**Pole Level 2** 6:30pm Crystal		**Pole Level 3** 6.30pm - Alyna	**Pole Level 1** 6:30pm - Emma		**Pole Level 5** 6.30pm - Jody	**Training Time** 7:30 PM		**Beginner Pole Flow** 6.30pm - Nika	**Pole Level 4** 6:30pm - Seren								**Stretch & Flex** 6:30pm - Siobhan	**Training Time** 6:30 PM	
7:30 PM																					
8:00 PM	**Intermediate Pole Flow** 7.30pm - Stacey	**Pole Level 1** 7:30pm - Crystal	**Stretch & Flex** 7:30pm Jess	**Beginner Pole Flow** 7.30pm - Cherry	**Training Time** 7:30 PM		**Twerk 101** 7:30pm Bailee	**Pole Level 1** 7.30pm - Ash		**Pole Play** 5.30pm - Alyna	**Pole Level 2** 7:30pm - Laura										
8:30 PM																					
9:00 PM																					
9:30 PM																					