

Altitude
Pole & Fitness

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room		
9.00am															9.00am	
9.30am															9.30am	
10.00am							Pole Level 1 10.00am - 11:00pm								10.00am	
10.30am																10.30am
11.00am			Pole Level 1 11:00am - 12:00pm	Training Time 10:00am - 11:00am	Pole Level 1 11.00am - 12.00pm		Tone & Conditioning 11:00am - 12:00pm	Training Time 11:00am - 12:00pm	Pole Level 2 11.00am - 12.00pm	Training Time 10:00am - 11:00am					11.00am	
11.30am																
12.00pm			Stretch and Flex 12:00pm - 1:00pm		Pole Flow 12:00pm - 1:00pm	Training Time 12:00pm - 1:00pm			Pole Play 12:00pm - 1:00pm						12.00pm	
12.30pm																
1.00pm															1.00pm	
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5.00pm															5.00pm	
5.30pm	Pole Level 2/3 Combos 6.30pm - 7.30pm	Beginner Hand Balance 5.30pm - 6.30pm	Pole Level 3 5.30pm - 6:30pm	Pole Play 5:30pm - 6:30pm	Training Time 5.30pm - 6.30pm	Stretch and Flex 5.30pm - 6.30pm	Pole Level 1 5.30pm - 6.30pm	Pole Level 4 5.30pm - 6.30pm	Beginner Floor & Basework 5.30pm - 6.30pm	Tone & Conditioning 5:30pm - 6:30pm			Amy's Antics/Pole Play 4:30pm - 5:30pm	Pole Level 1 4:30pm - 5:30pm	5.30pm	
6.00pm																
6.30pm	Pole Level 1 6.30pm - 7.30pm	Advanced Hand Balance 6.30pm - 7.30pm	Pole Level 2 6.30pm - 7.30pm	Training Time 6:30pm - 7:30pm	Pole Flow 6.30pm - 7.30pm	Pole Level 4/5 Combos 6.30pm - 7.30pm	Intermediate Spin Pole 6.30pm - 7.30pm	Pole Level 2 6.30pm - 7.30pm	Pole Level 1 Combos 6.30pm - 7.30pm	Stretch & Flex 6:30pm - 7:30pm					6.30pm	
7.00pm																
7.30pm	Pole & Chair Flow 7.30pm - 8.30pm	Pole Level 4 7.30pm-8.30pm	Pre-Inter Spin Pole 7.30pm - 8.30pm	Training Time 7.30pm - 8.30pm	Pole Level 1 7.30pm - 8.30pm	Pole Level 3 7.30pm - 8.30pm	Seductive Pole Flow 7.30pm - 8.30pm	Beginner Spin Pole 7.30pm-8.30pm							7.30pm	
8.00pm																
8.30pm															8.30pm	
9.00pm															9.00pm	
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