

# ALTITUDE POLE SAINT JOHNS TIMETABLE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	
9.30am													9.30am
10.00am													10.00am
10.30am							<b>Pole Level 1</b>	<b>Training Time</b>			<b>Stretch &amp; Strength</b>	<b>Training Time</b>	10.30am
11.00am							Maddie 10:30am - 11:25am	10:30am - 11:25am			Holly 10:30am - 11:25am	10:30am - 11:25am	11.00am
11.30am							<b>Flow</b>	<b>Training Time</b>			<b>Pole Level 1</b>	<b>Pole Level 3</b>	11.30am
12.00pm							Maddie 11:30am - 12:25pm	11:30am - 12:25pm			Holly 11:30am - 12:25pm	Maggie 11:30am - 12:25pm	12.00pm
12.30pm											<b>Base</b>	<b>Training Time</b>	12.30pm
1.00pm											Maggie 12:30pm - 13:25pm	12:30pm - 13:25pm	1.00pm
1.30pm													1.30pm
2.00pm													2.00pm
2.30pm													2.30pm
3.00pm													3.00pm
3.30pm													3.30pm
4.00pm													4.00pm
4.30pm													4.30pm
5.00pm													5.00pm
5.30pm			<b>Flow</b>	<b>Stretch &amp; Flex</b>	<b>Flow</b>	<b>Training Time</b>	<b>Pole Level 2</b>	<b>Training Time</b>					5.30pm
6.00pm			Kelly 5:30pm - 6:25pm	Elle 5:30pm - 6:25pm	Anneka 5:30pm - 6:25pm	5:30pm - 6:25pm	Celina 5:30pm - 6:25pm	5:30pm - 6:25pm	<b>Flow</b>	<b>Training Time</b>			6.00pm
6.30pm	<b>Pole Level 3</b>	<b>Pole Level 1</b>	<b>Pole Level 2</b>	<b>3/4 Combos</b>	<b>Pole Level 1</b>	<b>Pole Level 2</b>	<b>Pole Level 4</b>	<b>Stretch &amp; Flex</b>	Maggie 6:00pm - 7:00pm	6:00pm - 7:00pm			6.30pm
7.00pm	Myriam 6:30pm - 7:25pm	Jasmine 6:30pm - 7:25pm	Kelly 6:30pm - 7:25pm	Elle 6:30pm - 7:25pm	Annika 6:30pm - 7:25pm	Amy 6:30pm - 7:25pm	Holly 6:30pm - 7:25pm	Celina 6:30pm - 7:25pm	<b>Pole play</b>	<b>Training Time</b>			7.00pm
7.30pm	<b>Flow</b>	<b>Boot Camp</b>	<b>Training Time</b>	<b>Pole Level 4</b>	<b>Pole Play</b>	<b>Level 4/5</b>	<b>2/3 Combos</b>	<b>Training Time</b>	Maggie 7:00pm - 8:00pm	7:00pm - 8:00pm			7.30pm
8.00pm	Jasmine 7:30pm - 8:25pm	Myriam 7:30pm - 8:25pm	7:30pm - 8:25pm	Elle 7:30pm - 8:25pm	Annika 7:30pm - 8:25pm	Amy 7:30pm - 8:25pm	Holly 7:30pm - 8:25pm	7:30pm - 8:25pm					8.00pm
8.30pm													8.30pm
9.00pm													9.00pm