

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											Stretch & Strength	Training Time	9.30am
10.00am											Holly 9:30am - 10:25am	9:30am - 10:25am	10.00am
10.30am							Pole Level 1	Training Time			Pole Level 1	Pole Level 3	10.30am
11.00am							Maddie 10:30am - 11:25am	10:30am - 11:25am			Holly 10:30am - 11:25am	Maggie 10:30am - 11:25am	11.00am
11.30am							Advanced Flow	Training Time			Base	Training Time	11.30am
12.00pm							Maddie 11:30am - 12:25pm	11:30am - 12:25pm			Maggie 11:30am - 12:25pm	11:30am - 12:25pm	12.00pm
12.30pm													12.30pm
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5.00pm													5.00pm
5.30pm			Flow	Stretch & Flex	Flow	Training Time	Stretch & Flex	Training Time					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	Flow	Training Time			6.00pm
6.30pm	3/4 Combos	Pole Level 1	Pole Level 2	Pole Level 4	Pole Level 1	Training Time	Pole Level 4	Pole Level 2	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	6:30pm - 7:25pm	Holly 6:30pm - 7:25pm	Celina 6:30pm - 7:25pm	Pole play	Training Time			7.00pm
7.30pm	Pole Level 3	Boot Camp	Training Time	Advanced Combos	Pole Level 2	Training Time	2/3 Combos	Training Time	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	Amy 7:30pm - 8:25pm	7:30pm - 8:25pm	Holly 7:30pm - 8:25pm	7:30pm - 8:25pm					8.00pm
8.30pm													8.30pm
9.00pm													9.00pm