	Altitude The Mount 2023																
	Monday			Tuesday			Wednesday			Thursday			Friday		Saturday		
	Pole Room	Aerials Room	Mezzanie	Room 1	Room 2	Mezzanie	Room 1	Room 2	Mezzanine	Room 1	Room 2	Mezzanine	Room 1	Room 2	Room 1	Room 2 Level 1 Silks	
9.30am		Aerial													Pole Level 1		9.30am
		Training		Pole Training			Pole Training								твс		
10.00am	Level 1	Time		Time	activation		Time	Level 2 Silks Melina							9am Stretch	Ellie/Larissa Hoops Level	10.00am
10.30am	Elisha 10am				Emma 10am			10am							& Yoga	2	10.30am
		Aerial Training			Aerial Training		Pole	Aerial Training		Pole	Aerial Training		Pole Training		Ellie		
11.00am	& Yoga	Time		Flow	Time		Level 1	Time		Level 2	Time		Time		10am	Larrisa 10am	11.00am
11.30am	Ellie 11am			Emma 11am			Katie 11am			Katie 11am				Melina 12pm	Pole Level 2	Silks level 2	11.30am
					Aerial		- ·	Aerial			Aerial			Silks			
12.00pm	Pole Training Time	Hoops Level		Pole Level 2	Training Time		Pole Level 3	Training Time		Pole Level 1	Training Time		Pole Training Time	Combos	Rotating roste 11am	Larissa/Melina	12.00pm
				Libby			Katie			Katie					Pole	Aerial Training	
12.30pm		Ellie 12pm		12pm			12pm			12pm				Melina 12am		Time	12.30pm
1.00pm							Pole Training Time	Stretch & Flex							Rotating roste 12pm	r	1.00pm
1.00pm								Katie									1.00pm
1.30pm 2.00pm								1pm									1.30pm 2.00pm
2.00pm 2.30pm																	2.00pm 2.30pm
3.00pm																	3.00pm
3.30pm 4.00pm																	3.30pm 4.00pm
		Intro to Aerials	Stretch & Flex	Spin Pole Level 1	Hoops Level		Pole Level 2	Level 2 Silks		Level 2 Spin Pole	Level 1 Silks		Pole Level 3	Level 1 hoop			
4.30pm		Melina	riex	Level I			Donna	Clare		Pole							4.30pm
5.00pm	4:30pm	4:30pm	Paula 4:30pm	Elisha 4:30pm	Ellie 4:30 PM		4:30pm	4:30pm		Katie 4:30pm	Melina 4:30pn		Natalie 4:30:0	Monique 4:30			5.00pm
	Pole	Hoops Level	Core	Pole Level 3/4	Level 2 Silks	Stretch		Dance Jazz/Contem			Level 3 Silks		Pole	Intermediate			
5.30pm	Level 2 Spin Donna	3	activation	Spin combos Vanessa	Katie	& Yoga	Intro to Pole Donna	poary Kirsty		Pole Level 4 Katie	Paula	Flex	Flow Katie	Hoop Flow			5.30pm
6.00pm	5:30pm		Paula 5:30pm		5:30pm	Ellie5:30pm	5:30pm	5:30pm		5:30pm	5:30pm	Kirsty 5.30pm		Monique 5:30	F		6.00pm
6.30pm	Pole Level 2	Hoops Level	Stretch & Flex	Pole Level 3	Hoops Level 3	Stretch & Flex	Pole Level 1		Stretch & Flex		Strength & Conditioning	Stretch & Flex	Level 4	Heels Dance			6.30pm
0.00pm	Donna						Maddy						Katie/Libby	Kirsty			0.00000
7.00pm	7:30pm	Monique 6:30	Natalie 6:30pr	Libby 6:30pm	Larissa 6:30pr	Katie 6:30pm	6:30pm	Ellie 6:30pm	Elisha 6:30PM	Natalie 6:30pr	Kirsty 6:30:00	Paula 6.30pm	6:30pm	6:30pm Aerial			7.00pm
	Pole	Hoops Level		Pole	Level 3 Silks		Pole	Level 1 Silks		Pole	Hoops Level			Training			
7.30pm	Level 1 Elisha	2		Level 5 Libby	Larissa		Level 2 Maddy			Level 3 Rachael	4		Level 1 Pole Rotating roste				7.30pm
8.00pm	7:30pm	Natalie 7:30p		7:30pm	7:30pm		7:30pm			7:30pm	Larissa 7:30p		7:30pm				8.00pm
							Dele	Aerial Training		Dele	Aerial						
8.30pm							Pole Flow	Training Time		Pole Level 2	Training Time						8.30pm
							Kerri 8:30pm			Rachael 8:30pm							
9.30pm							altitudepole.co.nz			0.000111							9.00pm