

ALTITUDE POLE DRURY TIMETABLE



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													
9.30am													
10.00am								Pole Level 1	Training Time	Pole Level 2	Training Time	Pole Level 3 Combos	Pole Level 1 Combos
10.30am								10.00am - 11.00am	10:00am - 11:00am	10.00am - 11.00am	10:00am - 11:00am	10.00am-11.00am	10.00am-11.00am
11.00am				Pole Level 1				Tone & Conditioning		Pole Play		Pole Level 2	Build a Flow
11.30am				11.00am - 12.00pm				12.00pm - 1.00pm		11.00am - 12.00pm		11.00am - 12.00pm	11.00am - 12.00pm
12.00pm				Beginner Pole Flow	Training Time								
12.30pm				12.00pm - 1.00pm	12:00pm - 1:00pm								
1.00pm													
1.30pm													
2.00pm													
2.30pm													
3.00pm													
3.30pm													
4.00pm												Training Time	Stretch & Flex
4.30pm												3.30pm - 4.30pm	3.30pm - 4.30pm
5.00pm												Pole Play	
5.30pm												4.30pm - 5.30pm	
6.00pm	Pole Level 2	HIIT	Pole Level 3	Tone and Condition	Training Time	Stretch and Flex	Pole Level 1	Pole Level 3/4 Combos				Pole Level 1	Beginner Hand Balance
6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm				5.30pm - 6.30pm	5.30pm - 6.30pm
7.00pm	Pole Level 1	Advanced Hand Balance	Pole Level 2	Pole Level 4	Beginner Pole Flow	Pole Level 4/5 Combos	Intermediate Spin Pole	Pole Level 2		Flow Jazz/ contemporary			
7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm-7.30pm		6.30pm - 7.30pm			
8.00pm	Pole & Chair Flow	Pole Level 4	Pole Level 1	Training Time	Pole Level 1	Pole Level 3	Seductive Pole Flow	Beginner Spin Pole	Training Time	Stretch & Flex			
8.30pm	7.30pm - 8.30pm	7.30pm-8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm-8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm			
9.00pm													