ALTITUDE POLE DRURY TIMETABLE													Altitude		
	Monday		Tuesday		Wednesday		Thursday		Friday		Sat	urday	Sunday		
9.00am	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	9.00a
9.30am															9.30a
10.00am															
							Pole Level 1	Training Time	Pole Level 2	Training Time	Pole Level 3 Combos	Pole Level 1 Combos			10.00a
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			10.30a
11.00am					Pole Level 1		Tone & Conditioning		Pole Play		Pole Level 2	Build a Flow			11.00a
11.30am					11.00am - 12.00pm		12.00pm - 1.00pm		11.00am - 12.00pm		11.00am - 12.00pm	11:00am - 12:00pm			11.30a
12.00pm					Beginner Pole Flow	Training Time									12.00p
12.30pm						10:00									12.30p
1.00pm					12:00pm - 1:00pm	12:00pm - 1:00pm									1.00p
1.30pm															1.30p
2.00pm													_		2.00p
2.30pm															2.30p
3.00pm															3.00p
3.30pm														Ohushah	3.30p
													Training Time	Stretch & Flex	
4.00pm													3.30pm - 4.30pm	3.30pm - 4.30pm	4.00p
4.30pm													Pole Play		4.30p
5.00pm													4.30pm - 5.30pm		5.00p
5.30pm	Pole Level 2	нііт	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	5.30p
6.00pm	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	6.00p
6.30pm	Dala Laval 1	Advanced Hand	Pole	Pole Level 4	Beginner Pole	Pole Level 4/5	Intermediate	Pole Level 2		Flow Jazz/				adopin oloopin	6.30p
7.00pm		Balance	Level 2		Flow	Combos	Spin Pole			comtemporary					7.00p
		6.30pm - 7.30pm Pole	6:30pm - 7:30pm <b>Pole</b>	6.30pm - 7.30pm	6:30pm - 7:30pm Pole	6.30pm - 7.30pm Pole Level 3	6.30pm - 7.30pm Seductive Pole	6.30pm-7.30pm Beginner Spin	Training Time	6.30pm - 7.30pm Stretch & Flex					7.30p
8.00pm	Flow	Level 4	Level 1	Taning Tine	Level 1		Flow	Pole	Training Time						8.00p
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					8.30p
9.00pm															9.00p
9.00pm							altitudepole.co.nz								9.000