

ALTITUDE CHRISTCHURCH CENTRAL

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				May 2025
sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	
10.00 AM				10.00 AM				10.00 AM				10.00 AM				10.00 AM				10.00 AM				10.00 AM				
Training Time	Training Time	Pole Level 1 Brema	Training Time					Training Time	Training Time	Pole Level 1 Felicity	Training Time	Training Time	Training Time	Beginner Heels Flow Ali	Training Time	Training Time	Training Time	Pole Level 1 Nicole										10.00am
10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am					10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am										10.30am
Training Time	Training Time	Pole Level 4 Kristyna	Training Time					Hoop Level 1 Tash	Training Time	Training Time	Training Time									Sling Combos (seasonal) Georgia/Tash	Spin Tricks L2/3 Kristyna	Pole Flow Royce/Morgan	Training Time	Training Time	Training Time	Pole Play Rei	Training Time	11.00am
11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am					11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am									10.30am - 11.25am	10.30am - 11.25am	10.30am - 11.25am	10.30am - 11.25am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11.00am
																				Aerial Play Georgia	Pole Tricks 4/5+ Kristyna	Pole Level 1 Morgan/Katy	Training Time	Training Time	Training Time		Stretch & Flex Rei	11.30am
																				11:30am - 12:25pm	11:30am - 12:25pm	11:30am - 12:25pm	11:30am - 12:25pm	12:00pm - 12:55pm	12:00pm - 12:55pm		12:00pm - 12:55pm	12.00pm
																				Training Time	Training Time		Stretch & Flex Ali					1.00pm
																				12:30pm - 1:25pm	12:30pm - 1:25pm		12:30pm - 1:25pm					
sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	
4.30 PM				4.30 PM				4.30 PM				4.30 PM				4.30 PM				4.30 PM				4.30 PM				
Hoop Level 1 Nicole	Training Time		Training Time	Training Time	Training Time	Pole Level 1 Libi		Training Time	Training Time	Pole Level 1 Libi						Hoop Level 1 Amelie	Training Time		Training Time									4.30pm
4:30pm - 5:25pm	4:30pm - 5:25pm		4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm						4:30pm - 5:25pm	4:30pm - 5:25pm		4:30pm - 5:25pm									
Tissu Level 1 Leashelle	Pole Level 1 Kristyna	Intermediate Heels Flow Nicole	Training Time	Hoop Level 3 Georgia	Pole Level 3 Tash	Pole Level 2 Libi	Stretch & Flex Patra	Hoop Level 2 Stacey	Pole Level 4 Rhi	Beginner Floor & Base Elle	Booty Dance Kristyna/Tash	Fabric Flow Tash	Pole Level 2 Beth	Beginner Heels Flow Lizzie	Stretch & Flex Nicole	Hoop Level 2 Stacey	Pole Level 2 Mel	Pole Level 1 Brema	Stretch & Flex Kristyna									5.30pm
5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm									
Hoop Combos 2/3 Georgia	Pole Level 3 Tash	Beginner Heels Flow Ali/Morgan	Handstands & Conditioning Royce	Hoop Level 1 Georgia	Pole Tricks 3/4+ Tash	Pole Level 1 Laura	Splits Stretch Nicole	Hoop Heels Flow Nicole	Pole Level 1 Stacey	Training Time	Stretch Back & Shoulders Kristyna	Hoop Level 3 Ruby	Pole Level 4 Beth	Pole Level 3 Tash	Training Time	Training Time	Pole Level 3 Mel	Training Time	Booty Dance Brema									6.30pm
6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm									
Aerial Play Georgia	Pole Level 2 Dale	Pole Level 5 Rotating	Splits Stretch Royce	Silks Level 3 Ruby	Pole Play (seasonal) Laura	Advanced Heels Flow Morgan	Training Time	Tissu Level 1 Leashelle	Pole Level 5 Kristyna/Tash	Training Time	Training Time	Silks Level 2 Ruby	Pole Level 1 Katy	Intermediate Floor & Base Morgan/Ali	Stretch & Protect Libi			Pole Plus (fortnightly) Jess H										7.30pm
7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm			6:30pm - 7:25pm										
																												8.30pm