| | MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | | TITUDE CHRISTCHURCH CENT | | | | FRIDAY | | | | SATURDAY | | | | SUNDAY | | | |
|----|---|--|---|---|--|---|---|--|---|--|---|---|---|--|--|--|---------------------------------|---|--|---|--|----------------------|--------------------------|-----------------------|-----------------------|------------------|-----------------|-----------------------|
| | -1 | | | the lounge | sky room | | boudoir | the lounge | -1 | | boudoir | the lounge | -1 | atrium | | the lounge | -1 | | boudoir | Abo Income | -1 | atrium | | the lounge | sky room | | boudoir | the leaves |
| | Sky loom | | .00 AM | the lounge | SKY TOUTH | | 0.00 AM | the lounge | sky room | | O AM | the lounge | Sky Toolii | | O AM | the lounge | sky room | | O AM | the lounge | SKY TOUTH | | D AM | the lounge | SKY TOOTH | | 0 AM | the lounge |
| am | Training | Training | Pole Level 1 | Training Time | | | | | | Training | | Training Time | Training | Training | Beginner Heels Flow | Training Time | Training | Training | Pole Level 1 | | | | | | | | | |
| | Time | Time | Brenna | Trumming Time | | | | | Time | Time | Pole Level 1 Felicity | Truming Time | Time | Time | Ali | Trumming Time | Time | Time | Nicole | | | 0 | 1 | | | | | |
| | 10:00am - 10: 55am | 10:00am - 10: 55am | 10:00am - 10: | 10:00am - 10: 55am | | | | | 10:00am - 10: | 10:00am - 10: 55am | 10:00am - 10: | 10:00am - 10: | 10:00am - 10: | 10:00am - 10: | 10:00am - 10: | 10:00am - 10: 55am | 10:00am - 10: | 10:00am - 10: | 10:00am - 10: | | Sling Combos (seasonal) Giorgia/Tash | L2/3 | Pole Flow Royce/Megan | Training Time | | | | |
| | Training | Training | | | | | | | Hoop Level 1 | | Training | | | Joann | JJani | JJdili | JJaili | JJaili | 558111 | | | | | | Training | Training | Pole Play | Training |
| | Time | Time | Kristyna | Training Time | | | | | Tash | Time | Time | Training Time | | | | | | | | | 10.30am - 11.25 am | 10.30am - 11.25am | 10.30am - 11.25am | 10.30am - 11.25 am | Time | Time | Rhi | Time |
| | 11:00am -11: | 11:00am -11: | | 11:00am -11: | | | | | 11:00am - 11: | 11:00am -11: | | | | | | | | | | | Aerial Play | Pole Tricks 4/5+ | Pole Level 1 | Training Time | 11:00am - 11: | 11:00am - 11: | 11:00am - 11: | 11:00am - 11: |
| | 55am | 55am | 55am | 55am | 1 | | | | 55am | 55am | 55am | 55am | | | | | | | | | | | | | | 55am Training | 55am | 55am Stretch |
| | | | | | | | | | | | | | | | | | | | | | 11:30am - 12: 25pm | | 11:30am - 12: 25pm | 11:30am - 12: 25pm | | Time | | & Flex |
| | | | | | | | | | | | | | | | | | | | | | Tarinian Time | Training | | Stretch | | | | |
| | | | | | | | | | | | | | | | | | | | | | Training Time | Time | | & Flex | 12:00pm - 12: 55pm | | | 12:00pm - 12: 55pm |
| | | | | | | | | | | | | | | | | | | | | | 12:30pm - 1: | 12:30nm - 1: | | 12:30pm - 1: | | | | |
| | | | | | | | 1 1: | | | | 1 11 | | , | | | | , | | | | 25pm | 25pm | | 25pm | <u> </u> | | | |
| | sky room | | boudoir .30 PM | the lounge | sky room | atrium | boudoir 4.30 PM | the lounge | sky room | atrium | 4.30 PM | the lounge | sky room | atrium | 4.30 PM | the lounge | sky room | atnum | boudoir 4.30 PM | the lounge | sky room | atrium | 4.30 PM | the lounge | sky room | atrium 4.30 | Doudoir D PM | the lounge |
| | Hoop Level 1 | Training | | | Training | Training | Pole Level 1 | | | Training | Pole Level 1 | | | | | | Hoop Level 1 | Training | | Training | | | | | | | | |
| | Nicole | Time | | Time | Time | Time | Libi | | Time | Time | Libi | | | | | | Ainsley | Time | | Time | | | | | | | | |
| | 4:30pm - 5: | 4:30pm - 5: | | 4:30pm - 5: 25pm | 4:30pm - 5: 25pm | 4:30pm - 5: 25pm | 4:20nm - 5:25nn | | | 4:30pm - 5: 25pm | 4:30pm - 5: | | | | | | 4:30pm - 5: | 4:30pm - 5: 25pm | | 4:30pm - 5: 25pm | | | | | | | | |
| | | | | ZOPIII | Zopini | Zopin | ч.зорт - э.гэрт | | | Pole Level 4 | Beginner | Booty Dance | Fabric Flow | Pole Level 2 | Beginner | Stretch & Flex | Hoon Level 2 | Pole Level 2 | | Stretch | | | | | | | | |
| | Z5pm | 25pm | Intermediate | Training | Hoon Level 3 | Pole Level 3 | Pole Level 2 | | | | | | | | | | . loop Level L | | ole Level I | & Flex | | | | | | | | |
| | Tissu Level 1 | | Intermediate Heels Flow Nicole | Training Time | Hoop Level 3 Giorgia | Pole Level 3 | Pole Level 2 | Stretch & Flex | Stacey | Rhi | Floor & Base | | Tash | | Lizzie | | Stacey | | | Kristyna | | | | | 1 | | | |
| | | | Nicole | Time 5:30pm - 6: | Giorgia 5:30pm - 6: | | | | 5:30pm - 6: | | | | Tash 5:30pm - 6: | | | | 5:30pm - 6: | | | Kristyna 5:30pm - 6: | | | | | | | | |
| | 5:30pm - 6: 25pm | Pole Level 1 Ainsley 5:30pm - 6: 25pm | Nicole 5:30pm - 6: 25pm | Time 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | | | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | Kristyna/Tash 5:30pm - 6: 25pm | Tash | | 5:30pm - 6: 25pm | 25pm | 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | Kristyna 5:30pm - 6: 25pm | | | | | | | | |
| | 5:30pm - 6: 25pm Hoop Combos 2/3 | Pole Level 1 Ainsley 5:30pm - 6: 25pm | Nicole | Time 5:30pm - 6: | 5:30pm - 6: 25pm | | | | 5:30pm - 6: | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | | 5:30pm - 6: 25pm | | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm Training Time | 25pm | 5:30pm - 6: 25pm Pole Level 3 | 5:30pm - 6: 25pm Training Time | 5:30pm - 6: 25pm Booty Dance | | | | | | | | |
| | 5:30pm - 6: 25pm | Pole Level 1 Ainsley 5:30pm - 6: 25pm | Nicole 5:30pm - 6: 25pm | Time 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6:25pm Pole Level 1 Laura | 5:30pm - 6: m 25pm Splits Stretch | 5:30pm - 6: 25pm Hoop Heels Flow Nicole | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm Training Time | 5:30pm - 6: 25pm Stretch Back & Shoulders Kristyna | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 25pm | 25pm | 25pm | 5:30pm - 6: 25pm Training Time | Kristyna 5:30pm - 6: 25pm | | | | | | | | |
| | 5:30pm - 6: 25pm Hoop Combos 2/3 | Pole Level 1 Ainsley 5:30pm - 6: 25pm Pole Level 3 Beth | Nicole 5:30pm - 6: 25pm | 5:30pm - 6: 25pm Handstands & Conditioning Royce | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6:25pm Pole Level 1 Laura | 5:30pm - 6: m 25pm | 5:30pm - 6: 25pm Hoop Heels Flow Nicole | 5:30pm - 6: 25pm Pole Level 1 Stacey 6:30pm - 7: | 5:30pm - 6: 25pm Training Time | Kristyna/Tash 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm | 5:30pm - 6: 25pm Pole Level 3 Tash 6:30pm - 7: | 25pm | 25pm Training Time | Pole Level 3 | 5:30pm - 6: 25pm Training Time 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Booty Dance Brenna 6:30pm - 7: | | | | | | | | |
| | 5:30pm - 6: 25pm Hoop Combos 2/3 Geergia 6:30pm - 7: 25pm | 1 Pole Level 1 Analey 5:30pm - 6: 25pm Pole Level 3 Beth 6:30pm - 7: 25pm | Heels Flow Nicole 5:30pm - 6: 25pm Beginner Heels Flow Ali/Morgan 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Handstands & Conditioning Royce | 5:30pm - 6: 25pm Hoop Level 1 diorgia 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Tricks 3/4+ Tash 6:30pm - 7: 25pm | 5:30pm - 6:25pm Pole Level 1 Laura 6:30pm - 7:25pm | 5:30 pm - 6: m 25 pm Splits Stretch Nicole 6:30 pm - 7: m 25 pm | 5:30pm - 6: 25pm Hoop Heels Flow Nicole 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Level 1 Stacey 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Training Time 6:30pm - 7: 25pm | Kristyna/Tash 5:30pm - 6: 25pm Stretch Back & Shoulders Kristyna 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Hoop Level 3 Ruby 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Level 4 Beth 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Level 3 Tash 6:30pm - 7: 25pm | Training Time 6:30pm - 7: 25pm | Training Time 6:30pm - 7: | Pole Level 3 Mel 6:30pm - 7: 25pm Pole Plus | 6:30pm - 7: | 5:30pm - 6: 25pm Booty Dance Brenna 6:30pm - 7: | | | | | | | | |
| | 5:30pm - 6: 25pm Hoop Combos 2/3 Georgia 6:30pm - 7: 25pm | 1 Pole Level 1 Analey 5:30pm - 6: 25pm Pole Level 3 Beth 6:30pm - 7: 25pm | Heels Flow Nicole 5:30pm - 6: 25pm Beginner Heels Flow Ali/Morgan 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Handstands & Conditioning Royce 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Hoop Level 1 diorgia 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Tricks 3/4+ Tash 6:30pm - 7: 25pm | 5:30pm - 6:25pm Pole Level 1 Laura 6:30pm - 7:25pm Advanced | 5:30pm - 6: m 25pm Splits Stretch | 5:30pm - 6: 25pm Hoop Heels Flow Nicole 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Level 1 Stacey 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Training Time 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Stretch Back & Shoulders Kristyna | 5:30pm - 6: 25pm Hoop Level 3 Ruby 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Level 4 Beth | 5:30pm - 6: 25pm Pole Level 3 Tash 6:30pm - 7: 25pm | Training Time 6:30pm - 7: 25pm | Training Time 6:30pm - 7: | Pole Level 3 Mel 6:30pm - 7: 25pm | 6:30pm - 7: | 5:30pm - 6: 25pm Booty Dance Brenna 6:30pm - 7: | | | | | | | | |
| | 5:30pm - 6: 25pm Hoop Combos 2/3 Geergia 6:30pm - 7: 25pm | 1 Pole Level 1 Analey 5:30pm - 6: 25pm Pole Level 3 Beth 6:30pm - 7: 25pm | Heels Flow Nicole 5:30pm - 6: 25pm Beginner Heels Flow Ali/Morgan 6:30pm - 7: 25pm | Time 5:30pm - 6: 25pm Handstands & Conditioning Royce 6:30pm - 7: 25pm Splits Stretch Royce | 5:30pm - 6: 25pm Hoop Level 1 diorgia 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Tricks 3/4+ Tash 6:30pm - 7: 25pm | 5:30pm - 6:25pm Pole Level 1 Laura 6:30pm - 7:25pm Advanced Heels Flow Morgan | Petra 5:30pm - 6: 2:5pm Splits Stretch Nocele 6:30pm - 7: 2:5pm Training Time 7:30pm - 8: | Stacey 5:30pm - 6: 25pm Hoop Heels Flow Nicole 6:30pm - 7: 25pm Tissu Level 1 Leashelle | 5:30pm - 6: 25pm Pole Level 1 Stacey 6:30pm - 7: 25pm Pole Level 5 Kristyna/Tash 7:30pm - 8: | 5:30pm - 6: 25pm Training Time 6:30pm - 7: 25pm Training Time 7:30pm - 8: | Kristyna/Tach 5:30pm - 6: 25pm Stretch Back & Shoulders Kristyna 6:30pm - 7: 25pm Training Time 7:30pm - 8: | 5:30pm - 6: 25pm Hoop Level 3 Ruby 6:30pm - 7: 25pm | 5:30pm - 6: 25pm Pole Level 4 Beth 6:30pm - 7: 25pm Pole Level 1 Kany | 5:30pm - 6: 25pm Pole Level 3 Tash 6:30pm - 7: 25pm | Training Time 6:30pm - 7: 25pm | Training Time 6:30pm - 7: | Pole Level 3 Mel 6:30pm - 7: 25pm Pole Plus | 6:30pm - 7: | 5:30pm - 6: 25pm Booty Dance Brenna 6:30pm - 7: | | | | | | | | |
| | Leashelle 5:30pm - 6: 25pm Hoop Combos 2/3 Georgia 6:30pm - 7: 25pm Aerial Play Georgia | Pole Level 1 Analey 5:30pm - 6: 25pm Pole Level 3 Both 6:30pm - 7: 25pm Pole Level 2 bale | Heels Flow Nocole Nocole Signary Beginner Heels Flow All/Morgan 6:30pm - 7: 25pm Pole Level 5 Rotating | Time 5:30pm - 6: 25pm Handstands & Conditioning Royce 6:30pm - 7: 25pm Splits Stretch Royce | Si30pm - 6: 25pm Hoop Level 1 Glorgia 6:30pm - 7: 25pm Silks Level 3 | 5:30pm - 6: 25pm Pole Tricks 3/4+ Tash 6:30pm - 7: 25pm | 5:30pm - 6:25pm Pole Level 1 Laura 6:30pm - 7:25pm Advanced Heels Flow Morgan | Splits Stretch Nocale 6:30pm - 6: m 25pm Splits Stretch Nocale 6:30pm - 7: m 25pm Training Time | Stacey 5:30pm - 6: 25pm Hoop Heels Flow Nicole 6:30pm - 7: 25pm Tissu Level 1 Leashelle | 5:30pm - 6: 25pm Pole Level 1 Stacey 6:30pm - 7: 25pm Pole Level 5 Kristyna/Tash 7:30pm - 8: | 5:30pm - 6: 25pm Training Time 6:30pm - 7: 25pm Training Time | Kristyna/Tash 5:30pm - 6: 25pm Stretch Back & Shoulders Kristyna 6:30pm - 7: 25pm Training Time | Tash 5:30pm - 6: 25pm Hoop Level 3 Ruby 6:30pm - 7: 25pm Silks Level 2 Ruby | 5:30pm - 6: 25pm Pole Level 4 Beth 6:30pm - 7: 25pm Pole Level 1 Kany | 5:30pm - 6: 25pm Pole Level 3 Tash 6:30pm - 7: 25pm Intermediate Floor & Base Morgan/Ali | Training Time 6:30pm - 7: 25pm Stretch & Protect | Training Time 6:30pm - 7: | Pole Level 3 Mel 6:30pm - 7: 25pm Pole Plus | 6:30pm - 7: | 5:30pm - 6: 25pm Booty Dance Brenna 6:30pm - 7: | | | | | | | | |