

ALTITUDE CHRISTCHURCH CENTRAL

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	atrium	boudoir	the lounge	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		
10.00am	Training Time	Pole Level 1	Training Time			Training Time	Pole Level 1		Training Time	Beginner Heels Flow		Training Time	Pole Level 1							
	10:00am - 11:00am	10:00am - 11:00am	10:00am - 11:00am			10:00am - 11:00am	10:00am - 11:00am		10:00am - 11:00am	10:00am - 11:00am		10:00am - 11:00am	10:00am - 11:00am							
11.00am	Training Time	Pole Level 4	Training Time						Training Time	Pole Level 2		Training Time	Pole Play		10.30am - 11.30am	Pole Flow	Training Time	Training Time	Pole Play	Training Time
	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm						11:00am - 12:00pm	11:00am - 12:00pm		11:00am - 12:00pm	11:00am - 12:00pm		10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm
12.00pm									Training Time		Stretch & Flex				11.30am - 12:30pm	Advanced Heels Flow	Stretch & Flex	Training Time		Stretch & Flex
									12:00pm - 1:00pm		12:00pm - 1:00pm				11.30am - 12:30pm	11:30am - 12:30pm	11:30am - 12:30pm	12:00pm - 1:00pm		12:00pm - 1:00pm
															12:30pm - 1:30pm	Tricks 4/5				Stretch & Flex
4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM			4.30 PM		
4.30pm	Training Time		Training Time	Training Time	Pole Level 1		Training Time	Pole Level 1		Training Time	Pole Level 1	Training Time								
	4:30pm - 5:30pm		4:30pm - 5:30pm	4:30pm - 5:30pm	4:30pm - 5:30pm		4:30pm - 5:30pm	4:30pm - 5:30pm		4:30pm - 5:30pm	4:30pm - 5:30pm	4:30pm - 5:30pm								
5.30pm	Pole Level 1	Intermediate Floor Flow	Stretch & Flex	Pole Level 3	Pole Level 2	Stretch & Flex	Pole Level 4	Pole Level 1	Booty Dance	Pole Level 2	Beginner Heels Flow	Stretch & Flex	Pole Level 2	Pole Level 1	Stretch & Protect					
	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	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm					
6.30pm	Pole Level 3	Beginner Heels Flow	Handstands & Conditioning	Pole Level 4	Pole Level 1	Splits Stretch	Pole Level 2	Beginner Floor & Basework	Stretch Back & Shoulders	Pole Level 3	Pole Level 4	Dance Styles	Pole Level 1	Intermediate Floor & Basework	Booty Dance					
	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	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm					
7.30pm	Pole Level 1	Pole Level 2	Splits Stretch	Pole Play (seasonal)	Intermediate Heels Flow	Training Time	Pole Level 3	Pole Level 5	Training Time	Pole Level 2	Pole Level 1	Stretch & Flex	Training Time	Pole Play	Training Time					
	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	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm					
8.30pm																				

ALTITUDE CHRISTCHURCH CENTRAL

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		<i>the sky</i>	<i>the lounge</i>	<i>the sky</i>	<i>the lounge</i>	<i>the sky</i>	<i>floor space</i>	<i>the sky</i>	<i>the lounge</i>	<i>the sky</i>	<i>the lounge</i>	<i>the sky</i>	<i>the lounge</i>	<i>the sky</i>	<i>the lounge</i>
		10.00 AM		10.00 AM		10.00 AM		10.00 AM		10.00 AM		10.00 AM		10.00 AM	
10.00am		Tissu Level 1 10:00am - 11:00am	Training Time 10:00am - 11:00am			Training Time 10:00am - 11:00am		Training Time 10:00am - 11:00am		Aerial Play 11:00am - 12:00pm					
11.00am		Training Time 11:00am - 12:00pm	Training Time 11:00am - 12:00pm					Training Time 11:00am - 12:00pm		Training Time 10:00am - 11:00am		Sling Combos (seasonal) 10:30am - 11:30am	Training Time 10:30am - 11:30am	Aerial Play 11:00am - 12:00pm	Training Time 11:00am - 12:00pm
12.00pm								Training Time 12:00pm - 1:00pm	Stretch & Flex 12:00pm - 1:00pm			Aerial Play 11:30am - 12:30pm	Stretch & Flex 11:30am - 12:30pm	Training Time 12:00pm - 1:00pm	Stretch & Flex 12:00pm - 1:00pm
												Beginner Floor & Basework Aerials 12:30pm - 1:30pm			
		4.30 PM		4.30 PM		4.30 PM		4.30 PM		4.30 PM		4.30 PM		4.30 PM	
4.30pm		Hoop Level 1 4:30pm - 5:30pm	Training Time 4:30pm - 5:30pm	Training Time 4:30pm - 5:30pm		Training Time 4:30pm - 5:30pm		Training Time 4:30pm - 5:30pm	Training Time 4:30pm - 5:30pm	Hoop Level 1 4:30pm - 5:30pm	Training Time 4:30pm - 5:30pm				
5.30pm		Tissu Level 1 5:30pm - 6:30pm	Stretch & Flex 5:30pm - 6:30pm	Adv Aerials Tricks 4+ 5:30pm - 6:30pm	Stretch & Flex 5:30pm - 6:30pm	Hoop Level 2 5:30pm - 6:30pm	Booty Dance 5:30pm - 6:30pm	Beginner Fabric Flow 5:30pm - 6:30pm	Stretch & Flex 5:30pm - 6:30pm	Hoop Level 2 5:30pm - 6:30pm	Stretch & Protect 5:30pm - 6:30pm				
6.30pm		Hoop Combos 2/3+ 6:30pm - 7:30pm	Handstands & Conditioning 6:30pm - 7:30pm	Hoop Level 1 6:30pm - 7:30pm	Stretch Splits 6:30pm - 7:30pm	Hoop Heels Flow 6:30pm - 7:30pm	Stretch - Back & Shoulders 6:30pm - 7:30pm	Hoop Level 3 6:30pm - 7:30pm	Dance Styles 7:30pm - 8:30pm	Tissu Level 2 6:30pm - 7:30pm	Booty Dance 6:30pm - 7:30pm				
7.30pm		Aerial Play 7:30pm - 8:30pm	Stretch Splits 7:30pm - 8:30pm	Silks Level 2 7:30pm - 8:30pm	Training Time 7:30pm - 8:30pm	Tissu Level 1 7:30pm - 8:30pm	Training Time 7:30pm - 8:30pm	Silks Level 3 7:30pm - 8:30pm	Stretch & Flex 7:30pm - 8:30pm	Training Time 7:30pm - 8:30pm					
8.30pm															