

ALTITUDE CHRISTCHURCH CENTRAL

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				
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																												
10.00am - 10.55am	Training Time	Pole Level 1 Brenna	Training Time					Hoop Level 1 Tash	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		10.00 AM								
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		10.00 AM								
11.00am - 11.55am	Training Time	Pole Level 4 Kristyna	Training Time					11.00am - 11.55am	11.00am - 11.55am	Pole Level 3 Tash	Training Time	Training Time	Training Time	Pole Level 2 Kristyna	Training Time	Training Time	Training Time	Pole Play Nicole		10.00 AM								
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	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		10.00 AM								
12.00pm																												
4.30 PM																												
4.30pm - 5.25pm	Training Time		Training Time	Training Time	Training Time	Pole Level 1 Libi		Training Time	Training Time	Pole Level 1 Libi		Training Time	Training Time	Pole Level 1 Tash	Training Time	Hoop Level 1 Stacy	Training Time		Training Time	4.30 PM								
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	4.30pm - 5.25pm	4.30pm - 5.25pm		4.30pm - 5.25pm	4.30 PM								
5.30pm - 6.25pm	Tissu Level 1 Nicole	Pole Level 1 Amley	Intermediate Heels Flow Georgia	Training Time	Hoop Level 3 Tash	Pole Level 3 Tash	Pole Level 2 Libi	Stretch & Flex Fera	Hoop Level 2 Stacy	Pole Level 4 Rhi	Beginner Floor & Base Nicole/Sarah	Booty Dance Lizzy/Kristyna	Beginner Fabric Flow Tash	Pole Level 2 Beth	Beginner Heels Flow Lizzy	Stretch & Flex Nicole	Hoop Level 2 Stacy	Pole Level 2 Mai	Pole Level 1 Brenna	Stretch & Flex Kristyna	4.30 PM							
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	4.30 PM								
6.30pm - 7.25pm	Hoop Combos 2/3 Beth	Pole Level 3	Beginner Heels Flow Chrissy/Morgan	Handstands & Conditioning Royce	Hoop Level 1 Tash	Pole Level 4 Laura	Pole Level 1 Laura	Splits Stretch Nicole	Hoop Heels Flow Nicole	Pole Level 1 Stacy	Pole Level 3 Rhi	Stretch Back & Shoulders Kristyna	Hoop Level 3 Ruby	Pole Level 4 Beth	Pole Level 3 Chrissy	Dance Styles Nicole	Silks Level 2 Georgia	Pole Level 3 Mai	Training Time	Booty Dance Brenna	4.30 PM							
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	4.30 PM								
7.30pm - 8.25pm	Aerial Play Georgia	Pole Level 2 Cate	Pole Level 5 Brenna	Splits Stretch Royce	Silks Level 3 Ruby	Pole Play (seasonal) Laura	Intermediate Heels Flow Nicole	Training Time	Tissu Level 1 Chrissy	Pole Level 5 Nicole	Pole Level 2 Sarah	Training Time	Silks Level 2 Ruby	Pole Level 1 Cate	Intermediate Floor & Base Chrissy	Stretch & Protect Libi												
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													
8.30pm																												
sky room atrium boudoir the lounge																												