

# ALTITUDE POLE ALBANY TIMETABLE



	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	
9.30am	<b>Pole Level 2</b> Simie 9:30am				<b>Pole Level 1</b> Cherie 9:30am								<b>Pole Level 5</b> Claire 9:30am	<b>Pole Level 1</b> Robyn 9.30am	9.30am
10.00am	<b>Training Time</b> 10.30am	<b>Stretch &amp; Flex</b> Simie 10:30am				<b>Beginner Flow</b> Simie 10:30am	<b>Flow</b> Madeleine 10.30am	<b>Training Time</b> 10.30am	<b>Pole Level 1</b> Simie 10:30am	<b>Training Time</b> 10:30 AM			<b>Level 2 Claire</b> 10:30 AM	<b>Stretch &amp; Flex Robyn</b> 10:30 AM	10.00am
11.00am	<b>Flow</b> Simie 11:30am				<b>Pole Level 2</b> Cherie 11:30am	<b>Training Time</b> 11.30am	<b>Handstands</b> Madeleine 11.30am		<b>Training Time</b> 11:30 AM	<b>Stretch &amp; Flex Simie</b> 11:30 AM			<b>Pole Level 3</b> Claire 11.30am	<b>1/2 combos</b> Robyn 11.30am	11.00am
12.00pm													<b>Flow</b> Claire 12.30pm		12.00pm
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4.30pm			<b>Level 4</b> Megan 4:30pm	<b>Training Time</b> 4:30 PM	<b>Pole Level 1</b> Sarah 4:30:00 PM	<b>Training Time</b> 4:30 PM	<b>Training Time</b> 4:30 PM	<b>Beginner Flow</b> Amber 4:30pm	<b>Pole Level 2</b> Robyn 4:30pm	<b>Training Time</b> 4:30 PM	<b>Level 1 Spin</b> Naomi 4:30pm	<b>Training Time</b> 4:30 PM			4.30pm
5.00pm			<b>Stretch &amp; Flex</b> Megan 5:30pm	<b>Pole Level 1</b> Hazel 5:30pm	<b>Pole Level 2</b> Sarah 5:30:00 PM	<b>Stretch &amp; Flex</b> Kaena 5:30pm	<b>Intro to Pole</b> Sarah 5:30:00 PM	<b>Flow</b> Amber 5:30pm	<b>Pole Play</b> Robyn 5:30pm	<b>Beginner Base work</b> Megan 7:30pm	<b>Pole Level 2</b> Naomi 5:30pm	<b>Pole Level 1</b> Rosie 5:30pm			5.00pm
5.30pm			<b>Pole Level 3</b> Megan 6.30pm	<b>Pole Level 2</b> Izelle 6:30pm	<b>Flow</b> Kaena 6:30pm	<b>Level 3 Spin</b> Amy 6:30pm	<b>Pole Level 4</b> Claire 6:30pm	<b>Level 3</b> Ceara 6:30pm	<b>Strength &amp; Conditioning</b> Megan 6:30pm	<b>Pole Level 1</b> Izelle 6:30pm	<b>Pole Play</b> Rosie 6:30pm	<b>Stretch &amp; Flex</b> Simie 6.30pm			5.30pm
6.00pm			<b>Training Time</b> 7.30pm	<b>Pole Level 1</b> Izelle 7:30pm	<b>Level 1 Spin</b> Amy 7:30pm	<b>Level 2 Spin</b> Kaena 7:30pm	<b>Level 5</b> Claire 7:30pm	<b>Stretch &amp; Flex</b> Ceara 7:30pm	<b>Beginner Flow</b> Megan 7:30pm	<b>Pole Level 2</b> Izelle 7:30pm					6.00pm
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8.30pm							<b>Pole Level 1</b> Ceara 8:30pm	<b>Training Time</b> 8:30 PM							8.30pm
9.00pm															9.00pm
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