

# 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>				<b>Pole Level 1</b>								<b>Pole Level 5</b>	<b>Pole Level 1</b>	9.30am
10.00am	Simie 9:30am				Cherie 9:30am								Rosie/Marie 9:30am	Robyn 9.30am	10.00am
10.30am	<b>Training Time</b>	<b>Stretch &amp; Flex</b>				<b>Strength &amp; Conditioning</b>	<b>Flow</b>	<b>Training Time</b>	<b>Pole Level 1</b>	<b>Training Time</b>			<b>Level 2 Claire</b>	<b>Stretch &amp; Flex Robyn</b>	10.30am
11.00am	10.30am	Simie 10:30am				Cherie 10:30am	Madeleine 10.30am	10.30am	Cherie 10:30am	10:30 AM			10:30 AM	10:30 AM	11.00am
11.30am	<b>Flow</b>				<b>Pole Level 2</b>	<b>Training Time</b>	<b>Handstands</b>		<b>Training Time</b>	<b>Stretch &amp; Flex Cherie</b>			<b>Pole Level 3</b>	<b>1/2 combos</b>	11.30am
12.00pm	Simie 11:30am				Cherie 11:30am	11.30am	Madeleine 11.30am		11:30 AM	11:30 AM			Claire 11.30am	Robyn 11.30am	12.00pm
12.30pm													<b>Flow Claire</b>		12.30pm
1.00pm															1.00pm
1.30pm															1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm															3.00pm
3.30pm															3.30pm
4.00pm															4.00pm
4.30pm			<b>Level 4</b>	<b>Training Time</b>	<b>Pole Level 1</b>	<b>Training Time</b>	<b>Training Time</b>	<b>Beginner Flow</b>	<b>Pole Level 2</b>	<b>Training Time</b>	<b>Level 1 Spin</b>	<b>Training Time</b>			4.30pm
5.00pm			Megan 4:30pm	4:30 PM	Sarah 4:30:00 PM	4:30 PM	4:30 PM	Amber 4:30pm	Robyn 4:30pm	4:30 PM	Naomi 4:30pm	4:30 PM			5.00pm
5.30pm			<b>Stretch &amp; Flex</b>	<b>Pole Level 1</b>	<b>Pole Level 2</b>	<b>Stretch &amp; Flex</b>	<b>Intro to Pole</b>	<b>Flow</b>	<b>Pole Play</b>	<b>Beginner Base work</b>	<b>Pole Level 2</b>	<b>Pole Level 1</b>			5.30pm
6.00pm			Megan 5:30pm	Hazel 5:30pm	Sarah 5:30:00 PM	Kaena 5:30pm	Sarah 5:30:00 PM	Amber 5:30pm	Robyn 5:30pm	Megan 7:30pm	Naomi 5:30pm	Rosie 5:30pm			6.00pm
6.30pm			<b>Pole Level 3</b>	<b>Pole Level 2</b>	<b>Flow</b>	<b>Level 3 Spin</b>	<b>Pole Level 4</b>	<b>Level 3</b>	<b>Strength &amp; Conditioning</b>	<b>Pole Level 1</b>	<b>Pole Play</b>	<b>Stretch &amp; Flex</b>			6.30pm
7.00pm			Megan 6.30pm	Izelle 6:30pm	Kaena 6:30pm	Amy 6:30pm	Claire 6:30pm	Ceara 6:30pm	Megan 6:30pm	Izelle 6:30pm	Rosie 6:30pm	Simie 6.30pm			7.00pm
7.30pm			<b>Training Time</b>	<b>Pole Level 1</b>	<b>Level 1 Spin</b>	<b>Level 2 Spin</b>	<b>Level 5</b>	<b>Stretch &amp; Flex</b>	<b>Beginner Flow</b>	<b>Pole Level 2</b>					7.30pm
8.00pm			7.30pm	Izelle 7:30pm	Amy 7:30pm	Kaena 7:30pm	Claire 7:30pm	Ceara 7:30pm	Megan 7:30pm	Izelle 7:30pm					8.00pm
8.30pm						<b>Pole Play</b>	<b>Pole Level 1</b>	<b>Training Time</b>							8.30pm
9.00pm						Amy 8:30pm	Ceara 8:30pm	8:30 PM							9.00pm
9.30pm															9.30pm