

# Altitude The Mount 2024

	Monday			Tuesday			Wednesday			Thursday			Friday		Saturday	
	Pole Room	Aerials Room	Mezzanie	Room 1	Room 2	Mezzanie	Room 1	Room 2	Mezzanine	Room 1	Room 2	Mezzanine	Room 1	Room 2	Room 1	Room 2
9.30am															Pole Level 1	Level 1 Silks
10.00am				Pole Training Time	Core activation		Pole Training Time	Level 2 Silks							Nadene 9am	Ellie/Larissa
10.30am					Emma 10am			Melina 10am							Stretch & Yoga	Hoops Level 2
11.00am	Stretch & Yoga	Aerial Training Time		Beg Pole Flow	Aerial Training Time		Pole Level 1	Aerial Training Time		Pole Level 2	Aerial Training Time		Pole Training Time	Level 1 Silks	Ellie 10am	Larissa 10am
11.30am	Ellie 11am			Emma 11am			Ari 11am			Katie 11am				Melina 11am	Pole Level 2	Silks level 2
12.00pm	Pole Training Time	Hoops Level 1		Pole Level 2	Aerial Training Time		Pole Level 3	Aerial Training Time		Pole Level 1	Aerial Training Time		Pole Training Time	Silks Combos	Rotating roster 11am	Larissa/Melina
12.30pm		Ellie 12pm		Ari 12pm			Katie 12pm			Katie 12pm				Melina 12pm	Pole Flow	Aerial Training Time
1.00pm							Pole Training Time	Stretch & Flex		Pole Training Time	Heels Dance				Rotating roster 12pm	
1.30pm								Katie 1pm			Kirsty 1pm					
2.00pm																
2.30pm																
3.00pm																
3.30pm																
4.00pm																
4.30pm	Pole Level 1	Level 3 Silks	Stretch & Flex	Spin Pole Level 1	Hoops Level 1		Pole Level 2	Level 2 Silks		Level 2 Spin Pole	Level 1 Silks	Stretch & Flex	Pole Level 3	Level 2 hoop		
5.00pm	Donna 4:30pm	Melina 4:30pm	Paula 4:30pm	Libby 4:30pm	Ellie 4:30 PM		Donna 4:30pm	Larissa 4:30pm		Katie 4:30pm	Melina 4:30pm	Paula 4:30pm	Natalie 4:30pm	Monique 4:30pm		
5.30pm	Pole Level 2 Spin	Hoops Level 3	Core activation	Pole Level 3/4 Spin combos	Level 2 Silks	Stretch & Yoga	Intro to Pole	Dance Jazz/Contemporary		Pole Level 4	Level 4 Silks	Stretch & Flex	Pole Flow	Level 4 Hoop		
6.00pm	Donna 5:30pm	Monique 5:30pm	Paula 5:30pm	Vanessa 5:30pm	Katie 5:30pm	Ellie 5:30pm	Donna 5:30pm	Kirsty 5:30pm		Katie 5:30pm	Paula 5:30pm	Kirsty 5:30pm	Katie 5:30pm	Larissa 5:30pm		
6.30pm	Pole Level 2	Hoops Level 1	Stretch & Flex	Pole Level 3	Hoops Level 3	Stretch & Flex	Pole Level 1	Hoops Level 1	Stretch & Flex	Flow Technique	Twerk class	Stretch & Flex	Level 4	Level 4 Silks		
7.00pm	Donna 6:30pm	Monique 6:30pm	Natalie 6:30pm	Libby 6:30pm	Larissa 6:30pm	Katie 6:30pm	Emma 6:30pm	Ellie 6:30pm	Kirsty 6:30PM	Katie 6:30pm	Taraka 6:30PM	Paula 6.30pm	Katie/Libby 6:30pm	Larissa 6:30pm		
7.30pm	Pole Level 1	Hoops Level 2		Pole Level 5	Level 3 Silks		Pole Level 2	Level 1 Silks	Stretch & Flex	Level 2 Pole	Level 2 Silks		Level 1 Pole	Heels Dance		
8.00pm	Melina 7:30pm	Natalie 7:30pm		Libby 7:30pm	Larissa 7:30pm		Emma 7:30pm	Ellie 7:30pm	Kerri 7:30pm	Rachael 7:30pm	Melina 7:30pm		Nadene 7:30pm	Kirsty 7:30pm		
8.30pm							Pole Flow	Aerial Training Time								
9.30pm							Kerri 8:30pm									

