	ALTITUDE POLE STUDIO TIMETABLE													Altitude		
	Мо	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		nday		
	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2		
9.30am															9.30am	
10.00am															10.00am	
10.30am															10.30am	
					_		_	_								
11.00am 11.30am					-		-				These classes are subject to change and based on instructor availability				11.00am 11.30am	
						_		-			Training Time	Training Time				
12.00pm															12.00pm	
12.30pm											Table in a Time	Training Time			12.30pm	
1.00pm											Training Time	Training Time			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															4.30pm	
5.00pm			Training Time	Training Time	Training Time	Training Time	Pole Level 1	Training Time					Training Time	Silks Level 1	5.00pm	
5.30pm							4:30pm - 5:30pm							4.30pm - 5.30pm	5.30pm	
6.00pm	Training Time	Hoop Level 2	Training Time	Silks Level 3	Training Time	Hoop Level 1	Stretch & Flex	Hoop Level 3	Pole Level 2/3	Training Time			Pole Level 1	Training Time	6.00pm	
		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 2	Hoop Level 1	Pole Level 1	Silks Level 2	Pole Level 3/4	Aerial		Training Time	o.oopin o.oopin				Stretch	Training Time	6.30pm	
7.00pm						Conditioning							& Flex		7.00pm	
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	
8.00pm			Pole Level 3	Hoop Level 2	Pole Level 2	6:30pm - 8:00pm	Training Time	Silks Level 1							8.00pm	
8.30pm			7.30pm - 8:30pm	7:30pm - 8:30pm	7.30pm - 8:30pm			7:30pm - 8:30pm							8.30pm	
9.00pm															9.00pm	
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9.30pm															9.30pm	
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