

# ALTITUDE POLE STUDIO TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	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														
10.00am														
10.30am														
11.00am														
11.30am											These classes are subject to change and based on instructor availability			
12.00pm											Training Time	Training Time		
12.30pm														
1.00pm											Training Time	Training Time		
1.30pm														
2.00pm														
2.30pm														
3.00pm														
3.30pm														
4.00pm														
4.30pm														
5.00pm			Training Time	Training Time	Training Time	Training Time	Pole Level 1	Training Time					Training Time	Silks Level 1
5.30pm							4:30pm - 5:30pm							4:30pm - 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
6.30pm		5:30pm - 6:30pm		5:30pm - 6:30pm		5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm				5:30pm - 6:30pm	
7.00pm	Pole Level 2	Hoop Level 1	Pole Level 1	Silks Level 2	Pole Level 3/4	Aerial Conditioning	Floorplay & Flow	Training Time					Stretch & Flex	Training Time
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	
8.00pm			Pole Level 3	Hoop Level 2	Pole Level 2	6:30pm - 8:00pm	Training Time	Silks Level 1						
8.30pm			7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm			7:30pm - 8:30pm						
9.00pm														
9.30pm														
10.00pm														
10.30pm														