



**Altitude**  
Fitness

	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									Training Time	Training Time		Aerial Youth Beginner		
11.30am									10:30am -11:30am	10:30am -11:30am		10:30am - 11:20am		
12.00pm											Training Time	Training Time		
12.30pm											11:30am -12:30pm	11:30am -12:30pm		
1.00pm											Training Time	Training Time		
1.30pm											12:30pm - 1:30pm	12:30pm - 1:30pm		
2.00pm														
2.30pm														
3.00pm														
3.30pm														
4.00pm										Aerial Youth Intermediate				
4.30pm										3:30pm - 4:20pm				
5.00pm			Training Time	Training Time	Training Time	Training Time	Pole Level 1	Training Time	Training Time	Training Time				
5.30pm							4:30pm - 5:30pm							
6.00pm			Training Time	Silks Level 1	Training Time	Hoop Level 1	Stretch & Flex	Training Time	Pole Level 2/3	Hoop Level 2+			Pole Level 1	Silks Level 1
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 4	Training Time	Floorplay & Flow	Training Time	Training Time	Aerial Conditioning			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	Training Time	Training Time	Hoop Level 2+	Pole Level 1	Training Time	Pole Level 2	Silks Level 1		6:30pm - 8:00pm				
8.30pm	7:30pm - 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														
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