

Altitude
Fiction & nonfiction

	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									Training Time	Training Time					9.30am
10.00am									9:30am - 10:30am	9:30am - 10:30am					10.00am
10.30am															10.30am
11.00am															11.00am
11.30am															11.30am
12.00pm											Pole Flow Wk 1	Aerial Play Wk 2			12.00pm
12.30pm											11.30am-12.30pm	11.30am-12.30pm			12.30pm
1.00pm											Pole Play Wk 2	Aerial Play Wk 1			1.00pm
1.30pm											12.30pm - 1.30pm	12.30pm-1.30pm			1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm															3.00pm
3.30pm															3.30pm
4.00pm				Aerial Youth						Aerial Youth					4.00pm
4.30pm				3:30pm - 4:20pm						3:30pm - 4:20pm					4.30pm
5.00pm				Aerial Youth	Training Time	Training Time	Pole Level 1	Training Time	Training Time	Training Time					5.00pm
5.30pm				4:30pm - 5.20pm	4:30pm - 5.30pm	4:30pm - 5.30pm	4:30pm - 5.30pm	4:30pm - 5.30pm	4:30pm - 5.30pm	4:30pm - 5.30pm					5.30pm
6.00pm	Strength & Stretch	Training Time	Training Time	Silks Level 1	Training Time	Hoop Level 1	Stretch & Flex	Training Time	Pole Level 2/3	Training Time			Pole Level 1	Silks Level 1	6.00pm
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	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm			5:30pm - 6:30pm	5:30pm - 6:30pm	6.30pm
7.00pm	Pole 2/3 Combos	Hoop Level 1	Pole Level 1	Silks Level 2/3	Pole Level 3	Training Time	Floorplay & Flow	Hoop Level 2	Training Time	Hoop Combos			Stretch & Flex	Training Time	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	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm			6:30pm - 7:30pm	6:30pm - 7:30pm	7.30pm
8.00pm	Training Time	Hoop Level 2	Pole Level 4	Training Time	Pole Level 1	Training Time	Pole Level 2	Silks Level 1	Training Time	Silks Level 2					8.00pm
8.30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm					8.30pm
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