	ALTITUDE POLE ONEHUNGA TIMETABLE														
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	
9:00 AM											Pole Level 1	Pole Level 2			9:00 AM
9:30 AM											Kate 9:00am - 10:00am	Georgia 9:00am - 10:00am			9:30 AM
10:00 AM	Training Time	Pole Level 1	Pole Level 2	Training Time					Training Time	Pole Level 1	Beginner Pole Flow	Pole Level 3			10:00 AM
10:30 AM		Lulu 10:00am - 11:00am	Lulu 10:00am - 11:00pm							Kaena 10:00am - 11:00am	Kate 10:00am - 11:00am	Karolien 10:00am - 11:00am			10:30 AM
11:00 AM	Training Time	Aerial Fit	Strength and Conditioning	Training Time					Training Time	Stretch	Pole Play				11:00 AM
11:30 AM		Lulu 11:00am - 12:00pm	- Lulu 11:00am - 12:00am							Kaena 11:00am - 12:00pm	Karolien 11:00am - 12:00pm				11:30 AM
	Training Time	Pole Level 3							Training Time	Pole Flow					12:00 PM
12:30 PM		Lulu 12:00am - 1:00pm								Kaena 12:00pm - 1:00pm					12:30 PM
1:00 PM															1:00 PM
1:30 PM															1:30 PM
2:00 PM															2:00 PM
2:30 PM															2:30 PM
3:00 PM															3:00 PM
3:30 PM					Strength and										3:30 PM
	Pole Level 1	Training Time]	Conditioning Cass	Training Time							Pole Level 2	Pole Level 1	4:00 PM
	Jaz 4:00pm - 5:00pm			Spin Pole Level	Cass 4:00pm - 5:00pm		Spin Pole						Ashlee 4:00pm - 5:00pm	Laura 4:00pm - 5:00pm	4:30 PM
	Pole Level 3	Stripper Spin	Pole Level 1	1/2 Pip	Pole Level 1	Pole Level 2	Level 3/4		Pole Play	Training Time			Pole Play	Stretch	5:00 PM
5:30 PM	Jess 5:00pm - 6:00pm	5:00pm - 6:00pm	Jaz 5:00pm - 6:00pm	Рір 5:00pm - 6:00pm	Amy W 5:00pm - 6:00pm Level 2/3	Cass 5:00pm - 6:00pm Level 3/4	Simie 5:00pm - 6:00pm	5:00pm - 6:00pm	Emma C 5:00pm - 6:00pm	Level 4/5			Ashlee 5:00pm - 6:00pm	Laura 5:00pm - 6:00pm	5:30 PM
6:00 PM	Pole Flow	Stretch	Pole Level 2	Stretch	Combos	Combos	Pole Level 5	Pole Level 4	Pole Level 1	Combos					6:00 PM
6:30 PM	Jess 6:00pm - 7:00pm	Maddie 6:00pm - 7:00pm Level 3/4	Simie 6:00pm - 7:00pm	Tess 6:00pm - 7:00pm	Amy W 6:00pm - 7:00pm	Maggie 6:00pm - 7:00pm	Ali 6:00pm - 7:00pm	Simie 6:00pm - 7:00pm Strength and	Shelby 6:00pm - 7:00pm	Emma C 6:00pm - 7:00pm Level 1/2					6:30 PM
7:00 PM	Pole Level 5	Combos	Pole Level 3	Pole Level 4	Int Heels Flow	Stretch	Heels Flow	Conditioning	Stretch	Combos					7:00 PM
7:30 PM	Maddie 7:00pm - 8:00pm	Jenny 7:00pm - 8:00pm	Simie 7.00pm - 8:00pm	Tess 7:00pm - 8:00pm	Laura F 7:00pm - 8:00pm	Maggie 7:00pm - 8:00pm	Maddie 7:00pm - 8:00pm	Jane 7:00pm - 8:00pm	Shelby 7:00pm - 8:00pm	Emma C 7:00pm - 8:00pm					7:30 PM
8:00 PM	Training Time	Aerial Yoga	Beginner Heels	Training Time	Training Time	Level 4 Pole	Pole Level 1	Pole Level 2							8:00 PM
8:30 PM		Jenny 8:00pm - 9:00pm	Simie 8:00pm - 9:00pm			Maggie 8:00pm - 9:00pm	Georgia 8:00pm - 9:00pm	Jane 8:00pm - 9:00pm							8:30 PM
9:00 PM															9:00 PM
8:30 PM		Jenny 8:00pm - 9:00pm	Simie 8:00pm - 9:00pm			Maggie 8:00pm - 9:00pm	Georgia 8:00pm - 9:00pm	Jane 8:00pm - 9:00pm							