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
											Kate 9:00am - 10:00am	Georgia 9:00am - 10:00am			
9:30 AM		Pole									Beginner Pole				9:30 AM
10:00 AM	Training Time	Level 1	Pole Level 2	Training Time					Training Time	Pole Level 1	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		Aerial Fit	Strength and Conditioning							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
			- 11.00diii 12.00diii								11.00dill 12.00pill				
12:00 PM		Pole Level 3								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															3:30 PM
4:00 PM	Pole Level 1	Training Time			Strength and Conditioning	Training Time							Pole Level 2	Pole Level 1	4:00 PM
4:20 014	Jaz 4:00pm - 5:00pm				Cass 4:00pm - 5:00pm								Ashlee 4:00pm - 5:00pm	Laura 4:00pm - 5:00pm	4:30 PM
		Chairman Cain	Dala Laval 4	Spin Pole Level		Dala Laval O	Spin Pole Level 3/4	Active Flore	Dala Diau						
	Pole Level 3	Stripper Spin	Pole Level 1	1/2 Pin	Pole Level 1	Pole Level 2	Level 3/4	Active Flex	Pole Play				Pole Play	Stretch	5:00 PM
5:30 PM	Jess 5:00pm - 6:00pm	5:00pm - 6:00pm	Jaz 5:00pm - 6:00pm	5:00pm - 6:00pm	Amy W 5:00pm - 6:00pm Level 2/3	Cass 5:00pm - 6:00pm Level 3/4	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	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	Shelby 6:00pm - 7:00pm	Emma C 6:00pm - 7:00pm					6:30 PM
7:00 PM	Pole Level 5	Level 3/4 Combos	Pole Level 3	Pole Level 4	Int Heels Flow	Stretch	Heels Flow	Strength and Conditioning	Stretch	Level 1/2 Combos					7:00 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	lane	Shelby 7:00pm - 8:00pm	Emma C 7:00pm - 8:00pm					
								7:00pm - 8:00pm	7.00pm - 8:00pm	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