		ALTITUDE POLE REDWOOD TIMETABLE									Altitude				
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	
											Pole Level 1	Training Time			
											9.30am - 10.30am	9.30am - 10.30am	Training Time	Skills & Drills / Drills for Skills	
-					Training Time	Pole Play			Pole Level 1	Training Time	Flow 101	Stretch & Flow			
					Training Time	Fole Flay			FOIE LEVEL 1	Training Time	FIOW TOT	Stretch & Flow	10.00am - 11.00am	10.00am - 11.00am (alternating)	
					10.30am - 11.30am	10.30am - 11.30am			10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am			
	Pole Level 1	Training Time			Training Time	Stretch & Flex					Spin Pole Level 3/4	Pole Dance			
1	.30am - 12.30pm	11.30am - 12.30pm			11.30am - 12.30pm	11.30am - 12.30pm					11.30am - 12.30pm	11.30am - 12.30pm			
											Pole Play	Training Time			
											-	12.30pm - 1.30pm			
											12.30pm - 1.30pm (fortnightly)	(fortnightly)			
													Pole Level 1	Pole Level 4	
													Pole Level 1	Pole Level 4	
													2.30pm - 3.30pm	2.30pm - 3.30pm	
													Pole Level 2	Pole Level 3	
		Stretch					Pole Dance /						3.30pm - 4.30pm	3.30pm - 4.30pm Stretch	
	raining Time	& Flow			Floor 101	Training Time	Flow & Freestyle	Training Time					Training Time	& Flex	
	30pm - 5.30pm	4.30pm -5.30pm			4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm					4.30pm - 5.30pm	4.30pm - 5.30pm	
•	ole Level 2	Pole Level 5	Pole Level 1	Stretch & Flex	Pole Level 2	Pole Dance	Pole Level 1	Heels 102	Spin Pole Level 2/3	Booty					
	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					
•	ole Level 1	Pole Dance	Pole Combos Level 1/2	Pole Level 3	Pole Level 1	Floor 102	Pole Level 4	Pole Level 5	Pole Play	Heels 101					
	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					
	ole Level 4	Shape Shifting Class	Pole Combos Level 2/3	Pole Dance	Pole Level 3	Pole Combos Level 4/5	Pole Level 2	Stretch & Flex Extra	Pole Combos Level 3/4	Training Time					
	00pm - 9 20pm	7.30-8.30pm (variable	7 20pm - 9 20pm	7.20pm - 9.20pm	7 20pm . 8-20pm	7.20mm - 8.20mm	7.20pm - 8.20pm	7.30pm - 8.45pm (Later session seasonal)	7 20pm - 9 20pm	7 20.9 200					
	30pm - 8.30pm	classes)	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm		7.30pm - 8.30pm	7.30-8.30pm					
												-			
,							altitudepole.co.nz								_