


ALTITUDE POLE REDWOOD TIMETABLE															
	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	
9.30am											Training Time	Floor 101	Pole Level 3	Strength & Cond	9.30am
10.00am											9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am	Fortnightly 9.30am - 10.30am	10.00am
10.30am	Pole Level 1	Training Time							Pole Level 1 // Level 2	Pole Play	Pole Level 4	Stretch & Flow	Training Time	Stretch & Flex	10.30am
11.00am	10.30am - 11.30am	10.30am - 11.30am							Alternating 10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	Fortnightly 10.30am - 11.30am	Fortnightly 10.30am - 11.30am	11.00am
11.30am									Training Time	Training Time	Spin Pole Level 3/4	L2 Pole // Level 3			11.30am
12.00pm									11.30am - 12.30pm	11.30am - 12.30pm	11.30am - 12.30pm	Alternating 11.30am - 12.30pm			12.00pm
12.30pm															12.30pm
1.00pm															1.00pm
1.30pm															1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm															3.00pm
3.30pm													Training Time	Pole Dance	3.30pm
4.00pm													3.30pm - 4.30pm	3.30pm - 4.30pm	4.00pm
4.30pm			Training Time	Floor 101 // Heels 101	Training Time	Stretch & Flow // Booty	Pole Level 3	Training Time	Training Time	Pole Dance			Training Time	Pole Play	4.30pm
5.00pm			4.30pm - 5.30pm	Alternating 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			4.30pm - 5.30pm	4.30pm - 5.30pm	5.00pm
5.30pm	Pole Level 1	Pole Combos L4/5	Pole Level 3	Stretch & Flex	Pole Level 3	Pole Level 2	Pole Level 1	Pole Combos L3/4	Pole Combos L4/5	Booty					5.30pm
6.00pm	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					6.00pm
6.30pm	Pole Level 2	Pole Dance	Pole Level 1	Pole Dance	F&F // Heels 101	Floor // Heels 102	Pole Level 4	Pole Level 5	Pole Play // Flow 101	Heels 101					6.30pm
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	Alternating 6.30pm - 7.30pm	Alternating 6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm					7.00pm
7.30pm	Level 4 Pole	Floor 102	Pole Combos L1/2	Training Time	Spin Pole Level 2/3 // 3/4	Spin Pole Level 4/5	Pole Level 2	Stretch & Flex Extra	Training Time	Training Time					7.30pm
8.00pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	Alternating 7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.45pm	7.30pm - 8.30pm	7.30pm - 8.30pm					8.00pm
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