

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											Pole Level 1	Training Time	Training Time	Strength & Conditioning	9.30am
10.00am											9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am (fortnightly)	10.00am
10.30am									Pole Level 1	Training Time	Flow 101	Stretch & Flow			10.30am
11.00am									10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am			11.00am
11.30am	Pole Play	Training Time									Pole 3/4 Spin	Pole Dance // L1/2 Spin			11.30am
12.00pm	11.30am - 12.30pm	11.30am - 12.30pm									11.30am - 12.30pm	11.30am - 12.30pm (alternate)			12.00pm
12.30pm															12.30pm
1.00pm															1.00pm
1.30pm															1.30pm
2.00pm															2.00pm
2.30pm													Training Time	Pole Dance	2.30pm
3.00pm													2.30pm - 3.30pm	2.30pm - 3.30pm	3.00pm
3.30pm							Training Time	Stretch & Flex	Training Time	Pole Play			Pole Level 2	Pole Play	3.30pm
4.00pm							3.30pm - 4.30pm	3.30pm - 4.30pm	3.30pm - 4.30pm	3.30pm - 4.30pm			3.30pm - 4.30pm	3.30pm - 4.30pm	4.00pm
4.30pm	Training Time	Stretch & Flex	Pole Level 2	Training Time	Training Time	Floor 101	Pole Level 3	Floor 102	Pole Combos L2/3	Stretch & Flex			Training Time	Stretch & Flex	4.30pm
5.00pm	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	4.30pm - 5.30pm			4.30pm - 5.30pm	4.30pm - 5.30pm	5.00pm
5.30pm	Pole Level 2	Pole Level 5	Pole Level 1	Stretch & Flex	Pole Level 2	Pole Level 4	Pole Level 1	Heels 102	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 1	Pole Dance	Pole Combos L1/2	Pole Level 3	Pole Level 1	Floor 102	Pole Level 4	Pole Level 5	Pole Level 3	Heels 101					6.30pm
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	7.30pm - 8.30pm	6.30pm - 7.30pm	6.30pm 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm					7.00pm
7.30pm	Level 4 Pole	Mutating Monday	Pole Level 1	Pole Dance	Pole Play	Spin Pole Level 4/5	Pole Level 2	Stretch & Flex Extra	Pole Combos L3/4	Training Time					7.30pm
8.00pm	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 - 8.45pm	7.30pm - 8.30pm	7.30pm - 8.30pm					8.00pm
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