

ALTITUDE POLE STUDIO TIMETABLE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	Observatory	Ivy Room	
9.30am													9.30am
10.00am													10.00am
10.30am							Pole Level 1	Training Time			Stretch & Strength	Training Time	10.30am
11.00am							Maddie 10:30am - 11:25am	10:30am - 11:25am			Holly 10:30am - 11:25am	10:30am - 11:25am	11.00am
11.30am							Flow	Training Time			Pole Level 1	Pole Level 3	11.30am
12.00pm							Maddie 11:30am - 12:25pm	11:30am - 12:25pm			Holly 11:30am - 12:25pm	Maggie 11:30am - 12:25pm	12.00pm
12.30pm											Flow	Training Time	12.30pm
1.00pm											Maggie 12:30pm - 13:25pm	12:30pm - 13:25pm	1.00pm
1.30pm													1.30pm
2.00pm													2.00pm
2.30pm													2.30pm
3.00pm													3.00pm
3.30pm													3.30pm
4.00pm													4.00pm
4.30pm													4.30pm
5.00pm													5.00pm
5.30pm	Pole Level 2	Training Time	Flow	Spin Pole Level 2/3	Heels Flow	Training Time	Pole Level 2	Pole Level 4	Flow	Training Time			5.30pm
6.00pm	Myriam 5:30pm - 6:25pm	5:30pm - 6:25pm	Kelly 5:30pm - 6:25pm	Elle 5:30pm - 6:25pm	Jasmine 5:30pm - 6:25pm	5:30pm - 6:25pm	Celina 5:30pm - 6:25pm	Tess 5:30pm - 6:25pm	Maddie 5:30pm - 6:25pm	5:30pm - 6:25pm			6.00pm
6.30pm	Pole Level 3	Pole Level 1	Pole Level 1	3/4 Combos	Pole Level 1	Pole Level 2	2/3 Combos	Stretch & Flex	Pole play & Insta Pics	Training Time			6.30pm
7.00pm	Myriam 6:30pm - 7:25pm	Jasmine 6:30pm - 7:25pm	Kelly 6:30pm - 7:25pm	Elle 6:30pm - 7:25pm	Annika 6:30pm - 7:25pm	Jasmine 6:30pm - 7:25pm	Tess 7:30pm - 8:25pm	Celina 6:30pm - 7:25pm	Maddie 6:30pm - 7:25pm	6:30pm - 7:25pm			7.00pm
7.30pm	Beginner Flow	Stretch & Relax	Training Time	Pole Level 4	Pole Play	Training Time							7.30pm
8.00pm	Jasmine 7:30pm - 8:25pm	Myriam 7:30pm - 8:25pm	7:30pm - 8:25pm	Elle 7:30pm - 8:25pm	Annika 7:30pm - 8:25pm	7:30pm - 8:25pm							8.00pm
8.30pm													8.30pm
9.00pm													9.00pm
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