

Altitude
Pole & Fitness

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory
9.30am	Pole Level 2				Pole Level 1								Pole Level 5	Pole Level 1
10.00am	Ave 9:30am				Cherie 9:30am								Rosie/Marie 9:30am	Robyn 9.30am
10.30am	Training Time	Strength & Conditioning				Strength & Conditioning	Flow	Training Time	Pole Level 1	Training Time			Level 2 Claire	Stretch & Flex Robyn
11.00am	10.30am	Ave 10:30am				Cherie 10:30am	Madeleine 10.30am	10.30am	Cherie 10:30am	10:30 AM			10:30 AM	10:30 AM
11.30am	Flow				Pole Level 2	Training Time	Handstands		Training Time	Stretch & Flex Cherie			1/2 Combos Robyn	Pole Level 3
12.00pm	Ave 11:30am				Cherie 11:30am	11.30am	Madeleine 11.30am		11:30 AM	11:30 AM			11.30AM	Claire K 11.30am
12.30pm							Handstands will start in March							
1.00pm														
1.30pm														
2.00pm														
2.30pm														
3.00pm														
3.30pm														
4.00pm														
4.30pm			Level 4	Training Time	Pole Level 1	Training Time	Training Time	Beginner Flow	Pole Level 2	Training Time	Level 1 Spin	Training Time		
5.00pm			Megan 4:30pm	4:30 PM	Sarah 4:30:00 PM	4:30 PM	4:30 PM	Amber 4:30pm	Robyn 4:30pm	4:30 PM	Naomi 4:30pm	4:30 PM		
5.30pm			Stretch & Flex	Pole Level 1	Pole Level 2	Stretch & Flex	Intro to Pole	Flow	Pole Play	Beginner Base work	Pole Level 2	Pole Level 1		
6.00pm			Megan 5:30pm	Hazel 5:30pm	Sarah 5:30:00 PM	Kaena 5:30pm	Sarah 5:30:00 PM	Amber 5:30pm	Robyn 5:30pm	Megan 7:30pm	Naomi 5:30pm	Rosie 5:30pm		
6.30pm			Pole Level 3	Pole Level 2	Flow	Level 3 Spin	Pole Level 4	Level 3	Level 4	Pole Level 1	Pole Play	Stretch & Flex		
7.00pm			Megan 6.30pm	Izelle 6:30pm	Kaena 6:30pm	Amy 6:30pm	Rosie 6:30pm	Ceara 6:30pm	Megan 6:30pm	Izelle 6:30pm	Rosie 6:30pm	Ave 6.30pm		
7.30pm			Training Time	Pole Level 1	Level 1 Spin	Level 2 Spin	Level 5	Stretch & Flex	Beginner Flow	Stretch & Relax				
8.00pm			7.30pm	Izelle 7:30pm	Amy 7:30pm	Kaena 7:30pm	Rosie 7:30pm	Ceara 7:30pm	Megan 7:30pm	Izelle 7:30pm				
8.30pm						Pole Play	Pole Level 1	Training Time						
9.00pm						Amy 8:30pm	Ceara 8:30pm	8:30 PM						
9.30pm														
							altitudepole.co.nz							