

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 1				Pole Level 1								Pole Level 5	Pole Level 1	9.30am
10.00am	Ave 9:30am				Cherie 9:30am								Rosie/Marie 9:30am	Naomi 9.30am	10.00am
10.30am	Training Time	Strength & Conditioning				Strength & Conditioning	Flow	Training Time	Pole Level 1	Training Time			Pole Level 2 Claire K	Stretch & Flex Robyn	10.30am
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	11.00am
11.30am	Flow				Pole Level 2	Training Time	Pole Level 3		Training Time	Stretch & Flex Cherie			Intro to Pole Robyn	Pole Level 3	11.30am
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	12.00pm
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															3.30pm
4.00pm															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			4.30pm
5.00pm			Megan 4:30pm	4:30 PM	Sarah 4:30pm	4:30 PM	4:30 PM	Amber 4:30pm	Robyn 4:30pm	4:30 PM	Amber 4:30pm	4:30 PM			5.00pm
5.30pm			Stretch & Flex	Pole Level 1	Pole Level 2	Stretch & Flex	Level 4	Intro to Pole	Pole Play	Beginner Low Flow Base work	Pole Level 2	Pole Level 1			5.30pm
6.00pm			Megan 5:30pm	Naomi 5:30pm	Sarah 5:30pm	Kaena 5:30pm	Rosie 5:30pm	Sarah 5:30pm	Celeste 5:30pm	Megan 7:30pm	Amber 5:30pm	Rosie 5:30pm			6.00pm
6.30pm			Pole Level 3	Level 2 Spin	Flow	Level 1 Spin	Pole Level 3	Flow	Level 3/4 Combos	Pole Level 1	Pole Play	Stretch & Flex			6.30pm
7.00pm			Elise 6.30pm	Megan 6:30pm	Kaena 6:30pm	Amy 6:30pm	Ceara 6:30pm	Amber 6:30pm	Megan 6:30pm	Izelle 6:30pm	Rosie 6:30pm	Ave 6.30pm			7.00pm
7.30pm			Pole Level 2	Intro To Pole	2/3 combos	Ballet Barre	4/5 Combos	Stretch & Flex	Stretch & Relax	Beginner Flow	Low Flow Base work	Training Time			7.30pm
8.00pm			Elise 7:30pm	Izelle 7:30pm	Amy 7:30pm	Kaena 7:30pm	Rosie 7:30pm	Ceara 7:30pm	Izelle 7:30pm	Megan 7:30pm	Rosie 7:30pm	7:30 PM			8.00pm
8.30pm						Level 3 Spin	Pole Level 1	Training Time							8.30pm
9.00pm						Amy 8:30pm	Ceara 8:30pm	8:30 PM							9.00pm
9.30pm															9.30pm
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