ALTITUDE CHRISTCHURCH CENTRAL

May 2025

MONDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
Training Time 10:00am - 10:55am	Training Time 10:00am - 10:55am	**Pole Level 1** ⭐ Brenna 10:00am - 10:55am	Training Time 10:00am - 10:55am
Training Time 11:00am - 11:55am	Training Time 11:00am - 11:55am	**Pole Play** Tash 11:00am - 11:55am	Training Time 11:00am - 11:55am
4.30 PM			
Hoop Level 3 Nicole 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm
Tissu Level 1 ⭐ Tash 5:30pm - 6:25pm	**Pole Level 1** ⭐ Ainsley 5:30pm - 6:25pm	**102 Heels Flow** Nicole 5:30pm - 6:25pm	Training Time 5:30pm - 6:25pm
Hoop Combos 2/3 Georgia 6:30pm - 7:25pm	**Pole Level 4/5 Tricks** Beth 6:30pm - 7:25pm	**101 Heels Flow** ⭐ Morgan 6:30pm - 7:25pm	**Handstands & Conditioning** ⭐ Royce 6:30pm - 7:25pm
Silks Level 2 Georgia 7:30pm - 8:25pm	**Pole Level 3** Beth 7:30pm - 8:25pm	**Pole Level 2** Sarah 7:30pm - 8:25pm	**Splits Stretch** ⭐ Royce 7:30pm - 8:25pm

TUESDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
4.30 PM			
Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	**Pole Level 1** ⭐ Libi 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm
Hoop Level 3/4 Giorgia 6:00pm - 7:25pm	**Pole Level 3** Tash 5:30pm - 6:25pm	**Pole Level 2** Libi 5:30pm - 6:25pm	**Stretch & Flex** ⭐ Petra 5:30pm - 6:25pm
	Pole Tricks 3/4+ Tash 6:30pm - 7:25pm	**102 Heels Flow** Nicole 6:30pm - 7:25pm	**Splits Stretch** ⭐ Laura 6:30pm - 7:25pm
Silks Level 3 Ruby 7:30pm - 8:25pm	**Pole Level 1** ⭐ Nicole 7:30pm - 8:25pm	**Pole Play** Laura 7:30pm - 8:25pm	Training Time 7:30pm - 8:25pm

WEDNESDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
Training Time 10:00am - 10:55am	Training Time 10:00am - 10:55am	**102 Heels Flow** Nicole 10:00am - 10:55am	Training Time 10:00am - 10:55am
Aerial Play ⭐ Tash 11:00am - 11:55am	Training Time 11:00am - 11:55am	Training Time 11:00am - 11:55am	Training Time 11:00am - 11:55am
4.30 PM			
Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	**Pole Level 1** ⭐ Libi 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm
Hoop Level 2 Nicole 5:30pm - 6:25pm	**Pole Level 1** ⭐ Tash 5:30pm - 6:25pm	**Beginner Floor & Base** ⭐ Sarah 5:30pm - 6:25pm	**Floor Tricks 102** Kristyna 5:30pm - 6:25pm
Training Time 6:30pm - 7:25pm	**Pole Level 4** Mel 6:30pm - 7:25pm	**Pole Level 5** Karry 6:30pm - 8:25pm	**Stretch Back & Shoulders** Kristyna ⭐ 6:30pm - 7:25pm
Tissu Level 1 ⭐ Leashelle 7:30pm - 8:25pm	Training Time 7:30pm - 8:25pm		Training Time 7:30pm - 8:25pm

THURSDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
Training Time 10:00am - 10:55am	Training Time 10:00am - 10:55am	**101 Heels Flow** ⭐ Sarah 10:00am - 10:55am	Training Time 10:00am - 10:55am
Training Time 11:00am - 11:55am	Training Time 11:00am - 11:55am	Training Time 11:00am - 11:55am	Training Time 11:00am - 11:55am
4.30 PM			
Tissu Level 1 ⭐ Tash 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm
Hoop Heels Flow Nicole 5:30pm - 6:25pm	**Pole Level 4** Beth 5:30pm - 6:25pm	**101 Heels Flow** ⭐ Lizzie 5:30pm - 6:25pm	**Stretch & Flex** ⭐ Tash 5:30pm - 6:25pm
Hoop Level 3 Ruby 6:30pm - 7:25pm	**102 Heels Flow** Morgan 6:30pm - 7:25pm	**Pole Level 2** Nicole 6:30pm - 7:25pm	**Stretch & Protect** ⭐ Libi 6:30pm - 7:25pm
Silks Combos 2/3 Ruby 7:30pm - 8:25pm	**Pole Level 1** ⭐ Libi 7:30pm - 8:25pm	**Pole Level 3** Zoe 7:30pm - 8:25pm	Training Time 7:30pm - 8:25pm

FRIDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
Training Time 10:00am - 10:55am	Training Time 10:00am - 10:55am	**Pole Level 1** ⭐ Nicole 10:00am - 10:55am	Training Time 10:00am - 10:55am
4.30 PM			
Hoop Level 1 ⭐ Ainsley 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm	Training Time 4:30pm - 5:25pm
Hoop Level 2 Aisnley 5:30pm - 6:25pm	**Pole Level 2** Libi 5:30pm - 6:25pm	**Pole Level 1** ⭐ Brenna 5:30pm - 6:25pm	**Stretch & Flex** ⭐ Sarah 5:30pm - 6:25pm
Training Time 6:30pm - 7:25pm	**Pole Play** Sarah 6:30pm - 7:25pm	Training Time 6:30pm - 7:25pm	**Booty Dance** ⭐ Brenna 6:30pm - 7:25pm

SATURDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
Aerial Play Giorgia 11:30am - 12:25pm	**Spin Tricks L2/3** Kristyna 10.30am - 11.25am	**Pole Flow** Royce/Megan 10.30am - 11.25am	Training Time 10.30am - 11.25am
Aerial Performer Prep Giorgia 11:30am - 12:25pm	**Pole Tricks 4/5+** Kristyna 11:30am - 12:25pm	**Pole Level 1** ⭐ Libi/Sarah 11:30am - 12:25pm	Training Time 11:30am - 12:25pm
Sling Combos Tash 12:30am - 1:25pm	Training Time 12:30pm - 1:25pm	Training Time 12:30pm - 1:25pm	**Stretch & Flex** ⭐ Sarah 12:30pm - 1:25pm
4.30 PM			

SUNDAY

sky room	atrium	boudoir	the lounge
10.00 AM			
Hoop Level 1 ⭐ Ainsley 11:00am - 11:55am	Training Time 11:00am - 11:55am	**Pole Play** Giorgia 11:00am - 11:55am	Training Time 11:00am - 11:55am
Training Time 12:00pm - 12:55pm	Training Time 12:00pm - 12:55pm	Training Time 12:00pm - 12:55pm	**Stretch & Flex** ⭐ Giorgia 12:00pm - 12:55pm
4.30 PM			

10.00am · 11.00am · 12.00pm · 4.30pm · 5.30pm · 6.30pm · 7.30pm · 8.30pm

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altitudepole.co.nz

⭐*Beginner Friendly Classes*