ALTITUDE POLE WIGRAM 2025 TIMETABLE



	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	The Parlour	The Attic	The Ballroom	The Parlour	The Attic	The Ballroom	The Parlour	The Attic	The Ballroom	The Parlour	The Attic	The Ballroom	The Parlour	The Attic	The Ballroom	The Parlour	The Attic	The Ballroom	The Parlour	The Attic	The Ballroom	
10am																						10am
	Pole Training	Aerial Training Time	Pole Level 3 Kirsty										Pole Training	Aerial Training	Pole Level 1 Ellen	Pole Level 3 Andrew	Level 3 Hoop Violet	Pole Level 1 Kirsty				
	Time													Time								
11am			Pole Training Time										Pole Training Time	Aerial		511 15		Stretch Violet				11am
		Kirsty												Training Time	Ellen	Pole Level 2 Kirsty	Andrew					
3.30																						3.30
3.30																						3.30
		Aerial			Aerial			Aerial			Aerial			Aerial								4.30
		Training Time	Pole Training Time		Training Time	Pole Training Time		Training Time	Pole Training Time		Training Time	Pole Training Time		Training Time	Pole Training Time							
																						5.30
	Lever	Silks Level 2 Cat	Pole Level 1 Laura	Pole Play Kirsty	Hoop Level 1 Georgia	FIGOTWORK	Pole Level 3 Kirsty	Hoop Level 2 Ines	Pole Level 2 Helena	Pole Level 4 Nicole	Silks Level 1 Jen	Pole Flow Rotating	Stretch Ellen	Aerial Allsorts	Pole Level 3 Asha							
	Georgia					Dara								Rotating								
	Pole Level 2	Hoop Combos	Pole Level 3	Pole Level 4	Hoop Level 2	Pole Level 1	Churchalle Inco	Silks Level 3	Pole Combos	Spin Pole Combos	Hoop Level 1	Int. Heels	Spin Pole	Aerial	Flow and							
	Jolene		Laura	Becky	Kirsty	Dara	Stretch Jess	Ines	Level 4 / 5 Oliva	Level 4 / 5 Nicole	Jen	Flow Shontelle	Level 2 Asha	Training Time	Freestyle Ellen							
				Spin Pole				Aerial			Aerial											
	Pole Level 4 Jolene	Stretch	Beg. Heels Flow Ellen	Level 3 Becky	Silks Level 1 Jess	Pole Level 5 Rotating	Pole Training Time	Training Time	Floorwork Oliva	Pole Level 2 Shontelle	Training Time	Pole Level 1 Ellen										

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