

ALTITUDE POLE HAMILTON TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	7:00 AM	7:30 AM	8:00 AM	8:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	4:30 PM	5:00 PM	5:30 PM	
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5:30 PM														
6:00 PM	Level 3/4 Combos	Pole Play			Training Time	Pole Level 2					Pole Level 3	Training Time		
5:30pm - Carrie-Anne											4:30pm Nika	4:30 PM		
6:30 PM	5:30pm - Emma	5:30pm - Carrie-Anne			5:30 PM	5:30pm - Carrie-Anne	Level 3/4 Combos	Training Time	Stretch & Flex	Training Time	Pole Level 1	Beginner Hand Balance	Pole Level 2	
							5:30pm - Xanthe		5:30 PM	5:30pm - Jess	5:30 PM	5:30pm - Nika	5:30 PM	5:30pm - Xanthe
7:00 PM	Pole Level 4	Pole Level 1/2 Combos			Pole Level 3	Pole Level 1	Pole Level 5	Training Time			Beginner Pole Flow	Pole Level 4		
							6:30pm - Alyna		6:30 PM	7	6:30pm - Nika	6:30pm - Lilith		
7:30 PM	6:30pm - Emma	6:30pm - Crystal			6:30pm - Emma		6:30pm - Alyna				Pole Level 3	Pole Level 2		
							BadASS Flow				7:30pm - Devin	7:30pm - Stacey H		
8:00 PM	Intermediate Pole Flow				Stretch & Flex	Beginner Pole Flow	BadASS Flow	Pole Level 1						
						Training Time	7:30pm Bailee	7:30pm - Xanthe						
8:30 PM	7:30pm - Stacey C				7:30pm Jess	7:30pm - Cherry	7:30pm Bailee							
9:00 PM														