ALTITUDE POLE HAMITLON TIMETABLE

Altitude Pole Fitness

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	THE TRICKSTER	THE DANCER	THE ATHLETE	THE TRICKSTER	THE DANCER	THE ATHLETE	THE TRICKSTER	THE DANCER	THE ATHLETE	THE TRICKSTER	THE DANCER	THE ATHLETE	THE TRICKSTER	THE DANCER	THE ATHLETE	THE TRICKSTER	THE DANCER	THE ATHLETE	THE TRICKSTER	THE DANCER	THE ATHLETE
7:00 AM																					
7:30 AM																					
8:00 AM																					
8:30 AM																					
9:00 AM							Pole Play & Conditioning									Pole Level 1	Training Time				
9.30am				Pole Level 1	Training Time		9:00am - Emma									9:00am - Jorja	9:00 AM				
10:00 AM				9:30am - Nika	9:30 AM		Stretch & Flex	Training Time								Beginner Pole Flow					
10.30am				Level 2/3 Combos	Training Time		10:00am - Emma	10:00 AM								10:00am - Jorja					
11:00 AM				10:30am - Nika	10:30 AM																
11:30 AM																					
4:30 PM																					
5:00 PM													Pole Level 3	Training Time							
5:30 PM													4:30pm Nika	4:30 PM							
6:00 PM	Level 3/4 Combos	Pole Play		Training Time	Pole Level 2		Level 3/4 Combos		Stretch & Flex	Training Time	Pole Level 1	Beginner Hand Balance	Pole Level 2	Training Time					Level 2/3 Combo Class		
6:30 PM	5.30pm - Emma	5.30pm - Carrie-Anne		5:30 PM	5:30pm - Carrie-A		5.30pm - Xanthe		5.30pm - Jody	5:30 PM	5:30pm - Nika	5:30 PM - Jess	5.30pm - Xanthe	5:30 PM					5:30pm - Siobhan/Gab		
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 4/5 Combo								Stretch & Flex	Training Time	
7:30 PM	6.30pm - Emma	6:30pm Crystal		6.30pm - Alyna	6:30pm - Emma		6.30pm - Jody	6:30 PM		6.30pm - Nika	6:30pm - Lilith								6:30pm - Siobhar	6:30 PM	
8:00 PM	Intermediate Pole Flow	Training Time	Stretch & Flex	Beginner Pole Flow	Training Time		BadASS Flow	Pole Level 1		Pole Level 3	Pole Level 2										
8:30 PM	7.30pm - Stacey	7:30 PM	7:30pm Jess	7.30pm - Cherry	7:30 PM		7:30pm Bailee	7.30pm - Xanthe		7.30pm - Alyna	7:30pm - Laura										
9:00 PM																					