ALTITUDE POLE HAMITLON TIMETABLE

Altitude

	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**	**Training Time**	**Stretch & Flex**	**Training Time**	**Pole Level 1**	**Beginner Hand Balance**	**Pole Level 2**	**Pole Level 1**					**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	5:30 PM	5.30pm - Jody	5:30 PM	5:30pm - Nika	5:30 PM - Jess	5.30pm - Xanthe	5:30pm - Alyna					5:30pm - Siobhan/Devin		
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**								**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**	**Pole Level 1**	**Stretch & Flex**	**Beginner Pole Flow**	**Training Time**		**BadASS Flow**	**Pole Level 1**		**Pole Level 3**	**Pole Level 2**										
8:30 PM	7.30pm - Stacey	7.30pm - Crystal	7:30pm Jess	7.30pm - Cherry	7:30 PM		7:30pm Bailee	7.30pm - Xanthe		7.30pm - Alyna	7:30pm - Laura										
9:00 PM																					