

ALTITUDE POLE STUDIO TIMETABLE

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|---------|---------------------------|---------------------------|---------------------------|------------------------|---------------------------|-------------------------|-----------------------------|-----------------------------|---------------------------|-----------------------------|----------------------------|----------------------------|------------------------------|-----------------------------|
| | The Garden | The Gallery | The Garden | The Gallery | The Garden | The Gallery | The Garden | The Gallery | The Garden | The Gallery | The Garden | The Gallery | The Garden | The Gallery |
| 9:00 AM | | | | | | | | | | | | | | |
| 9:30am | | | | | | | | | | | | | | |
| 10:00am | Pole Level 1 | Training Time | Strength & Conditioning | Training Time | | | Training Time | Aerial Flex | Training Time | Spin pole Level 2 & 3 | Pole Flow | Pole Level 3 | Stretch & Flex | Spin Pole Level 3 & 4 |
| 10:30am | Ruby 10:00am - 11:00am | | Lulu 10:00am - 11:00am | | | | | Maddie 10:00am - 11:00am | | Kaena 10:00am - 11:00am | Kate 10:00am - 11:00am | Simie 10:00am - 11:00am | Laura T 10:00am - 11:00am | Ashlee 10:00am - 11:00am |
| 11:00am | Training Time | Aerial Fit | Stretch | Training Time | | | Level 2/3 Combos | Training Time | Training Time | Stretch & Flex | Pole Play | Training Time | | |
| 11:30am | | Lulu 11:00am - 12:00pm | Lulu 11:00am - 12:00pm | | | | Maddie 11:00am - 12:00pm | | | Maddie 11:00am - 12:00pm | Simie 11:00am - 12:00pm | | | |
| 12:00pm | Training Time | Level 3/4 Combos | | | | | | | Pole Flow | Training Time | | | | |
| 12:30pm | | Lulu 12:00pm - 1:00pm | | | | | | | Kaena 12:00pm - 1:00pm | | | | | |
| 1:00pm | | | | | | | | | | | | | | |
| 1:30pm | | | | | | | | | | | | | | |
| 2:00pm | | | | | | | | | | | | | | |
| 2:30pm | | | | | | | | | | | | | | |
| 3:00pm | | | | | | | | | | | | | | |
| 3:30pm | | | | | | | | | | | | | | |
| 4:00pm | | | | | | | | | | | | | | |
| 4:30pm | | | | | | | | | | | | | | |
| 5:00pm | Pole Level 1 | Pole Level 2 | Pole Level 3 | Training Time | | | | | | | | | | |
| 5:30pm | Jess 5:00pm-6:00pm | Lily 5:00pm - 6:00pm | Simie 5:00pm - 6:00pm | | | | | | | | | | | |
| 6:00pm | Pole Flow | Spin Pole Level 1 & 2 | Level 4+ Combos | Stretch & Flex | Heels Flow | Pole Level 1 | Pole Level 5 | Pole Level 3 | Pole Level 1 | Pole Play | | | | |
| 6:30pm | Jess 6:00pm-7:00pm | Lily 6:00pm - 7:00pm | Simie 6:00pm - 7:00pm | Amy 6:00pm - 7:00pm | Liv 6:00pm-7:00pm | Ruby 6:00pm - 7:00pm | Ali 6:00pm - 7:00pm | Jane 6:00pm - 7:00pm | Shelby 6:00pm - 7:00pm | Emma C 6:00pm-7:00pm | | | | |
| 7:00pm | Pole Level 4 | Spin 2/3 Combos | Training Time | Level 2/3 Combos | Pole Level 4 | Stretch & Flex | Spin Pole Level 4 | Pole Level 2 | Stretch & Flex | Level 3/4 Combos | | | | |
| 7:30pm | Maddie 7:00pm - 8:00pm | Jess 7:00pm - 8:00pm | | Amy 7:00pm - 8:00pm | Maggie 7:00pm-8:00pm | Lulu 7:00pm - 8:00pm | Maddie 7:00pm - 8:00pm | Jane 7:00pm - 8:00pm | Shelby 7:00pm - 8:00pm | Emma C 7:00pm - 8:00pm | | | | |
| 8:00pm | Pole Level 5 | Training Time | Pole Level 1 | Training Time | Flow Foundations | Pole Play | \$tr!pper Flow | Pole Level 1 | | | | | | |
| 8:30pm | Maddie 8:00pm - 9:00pm | | Zay 8:00pm - 9:00pm | | Maggie 8:00pm - 9:00pm | Lulu 8:00pm - 9:00pm | Maddie 8:00pm - 9:00pm | Georgia 8:00pm - 9:00pm | | | | | | |
| 9:00pm | | | | | | | | | | | | | | |