

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	Training Time	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		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	Pole Flow	Stretch & Flex	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	Ruby 7:00pm - 8:00pm	Kate 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														