

Altitude The Mount Timetable 2025



Monday			Tuesday			Wednesday			Thursday			Friday		Saturday	
Pole Room	Aerial Room	Mezzanine	Pole Room	Aerial Room	Mezzanine	Pole Room	Aerial Room	Mezzanine	Pole Room	Aerial Room	Mezzanine	Pole Room	Aerial Room	Pole Room	Aerial Room
														★ 9:00am Pole Level 1 Nadene	★ 9:00am Level 1 Tissue Ellie
			★ 10am Pole Training time	★ 10am Core activation Emma										★ 10:00am Stretch & Yoga Ellie	10:00am Adv Hoop Combos Larissa
11am Pole Training time	★ 11am Level 1 Tissue Kim		11am Beg Pole Flow Emma	11am Aerial Training Time										11:00am Pole level 2 Rotating roster	11:00am Level 2 Sling Larissa
★ 12pm Level 1 pole Nadene	12pm Aerial Training time					12pm Level 3 Pole Katie	12pm Aerial Training Time		★ 12:00pm Level 1 Pole Nadene	12pm Aerial Training Time		12pm Level 2 Pole Melina	12pm Aerial Training Time	12pm Beg Pole Flow Rotating roster	12pm Aerial Training Time
				★ 1pm Stretch & Flex Katie		1pm Pole Training Time									
4:30pm Pole Training Time	★ 4:30pm Stretch & Flex Paula		4:30pm Pole Training time	★ 4:30pm Level 1 hoops Ellie		★ 4:30pm Intro to pole Donna	4:30pm Level 2 Hoop Ellie		4:30pm Level 2/3 spin pole Katie	4:30pm Level 4 silks Paula		4:30pm Pole Level 3 Libby	★ 4:30pm Level 1 hoops Monique		
5:30pm Level 2 spin pole Donna	5:30pm Hoops Level 4 Larissa	★ 5:30pm Core activation Paula	5:30pm Level 3/4 spin pole Ness	5:30pm Level 2 silks Larissa		5:30pm Level 1 spin pole Donna	5:30pm Level 3 Silks Larissa		5:30pm Pole Level 4 Katie/Libby	★ 5:30pm Level 1 Tissue Melina	★ 5:30pm Stretch & Flex Paula	5:30pm Pole Level 4 Libby	5:30pm Inter Hoop combos Monique		
★ 6:30pm Level 1 pole Donna	6:30pm Level 3 Silks Melina	★ 6:30pm Stretch & yoga Ellie	6:30pm Pole Level 3 Libby	6:30pm Level 3 hoop Larissa	★ 6:30pm Stretch & Flex Katie	★ 6:30pm Pole Level 1 Emma	★ 6:30pm Level 1 Hoop Ellie		6:30pm Flow technique Katie	6:30pm Inter silks combos Melina	★ 6:30pm Stretch & Flex Bec	6:30pm Pole training time	★ 6:30pm Stretch & Flex Natalie		
7:30pm Pole Level 2 Melina	★ 7:30pm Level 1 Tissue Ellie		7:30pm Pole level 5 rotation	7:30pm Aerial Training Time		7:30pm Level 1/2 static combos Alyssa	7:30pm Aerial Training Time		7:30pm Pole Training Time	★ 7:30pm Heels Bec		★ 7:30pm Pole level 1 Nadene	7:30pm Aerial Training Time		

★ Beginners friendly classes