

ALTITUDE CHRISTCHURCH CENTRAL

May 2025

10.00am

11.00am

12.00pm

10.00am

10.30am

11.00am

12.00pm

1.00pm

4.30pm

5.30pm

6.30pm

7.30pm

8.30pm

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge
10.00 AM				10.00 AM				10.00 AM				10.00 AM				10.00 AM				10.00 AM				10.00 AM			
Training Time	Training Time	Pole Level 1 Bernie	Training Time					Training Time	Training Time	Pole Level 1 Nicole	Training Time	Training Time	Training Time	Beginner Heels Flow Ali	Training Time	Training Time	Training Time	Pole Level 1 Felicity									
10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am					10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am	10:00am - 10:55am									
Training Time	Training Time	Pole Level 4 Kirstyna	Training Time					Hoop Level 1 Tash	Training Time	Training Time	Training Time																
11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am					11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am																
sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge	sky room	atrium	boudoir	the lounge
4.30 PM				4.30 PM				4.30 PM				4.30 PM				4.30 PM				4.30 PM				4.30 PM			
Hoop Level 1 Nicole	Training Time		Training Time	Training Time	Training Time	Pole Level 1 Libi		Training Time	Training Time	Pole Level 1 Libi						Hoop Level 1 Amelie	Training Time		Training Time								
4:30pm - 5:25pm	4:30pm - 5:25pm		4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm		4:30pm - 5:25pm	4:30pm - 5:25pm	4:30pm - 5:25pm						4:30pm - 5:25pm	4:30pm - 5:25pm		4:30pm - 5:25pm								
Tissu Level 1 Leashelle	Pole Level 1 Amelie	Intermediate Heels Flow Nicole	Training Time	Hoop Level 3 Georgia	Pole Level 3 Tash	Pole Level 2 Libi	Stretch & Flex Megan	Hoop Level 2 Nicole	Pole Level 4 Megan	Beginner Floor & Base Sarah	Booty Dance Kirstyna/Tash	Fabric Flow Tash	Pole Level 2 Beth	Beginner Heels Flow Lizzie	Stretch & Flex Nicole	Hoop Level 2 Amelie	Pole Level 2 Mae	Pole Level 1 Bernie	Stretch & Flex Sarah								
5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm	5:30pm - 6:25pm								
Hoop Combos 2/3 Georgia	Pole Level 4 Beth	Beginner Heels Flow Ali/Morgan	Handstands & Conditioning Royce	Hoop Level 1 Georgia	Pole Tricks 3/4+ Tash	Pole Level 1 Laura	Splits Stretch Nicole	Hoop Heels Flow Nicole	Pole Level 1 Tash	Pole Level 3 Sarah	Stretch Back & Shoulders Kirstyna	Hoop Level 3 Ruby	Pole Level 4 Beth	Pole Level 3 Tash	Training Time	Training Time	Pole Level 3 Mae	Training Time	Booty Dance Bernie								
6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm	6:30pm - 7:25pm								
Silks Level 2 Georgia	Pole Level 2 Sarah	Pole Level 5 Rotating	Splits Stretch Royce	Silks Level 3 Ruby	Pole Play (optional) Laura	Advanced Heels Flow Morgan	Training Time	Tissu Level 1 Leashelle	Pole Level 5 Kirstyna/Tash	Training Time	Training Time	Silks Combos 2/3 Ruby	Pole Level 1 Kerry	Intermediate Floor & Base Morgan/Ali	Stretch & Protect Libi												
7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm	7:30pm - 8:25pm												