|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        | ALTITUDE CHRIS                          | TCHURCH CENTR            | RAL                  |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|----|------------------------------|-------------------------|--------------------------------------|-------------------------|---------------------------|-------------------------|------------------------|--------------------|-------------------------|-----------------------|--------------------------|--------------------------------|------------------------|---|--------------------------|----------------------|-------------------------|----------------------|------------------------|-------------------------|------------------------|------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|--------|
|    |                              | МО                      | NDAY                                 | AY                      |                           | TUESDAY                 |                        |                    | WEDNESDAY               |                       |                          |                                | THURSDAY               |   |                          |                      | FRIDAY                  |                      |                        |                         | SATURDAY               |                              |                      |                      | SUNDAY               |                      |                      |                      | May 20 |
|    | sky room                     |                         | boudoir                              | the lounge              | sky room                  |                         | boudoir                | the lounge         | sky room                |                       |                          | the lounge                     | sky room               | atrium                                  |                          | the lounge           | sky room                |                      |                        | the lounge              | sky room               |                              | boudoir              | the lounge           | sky room             |                      | boudoir              | the lounge           |        |
| m  |                              |                         | 00 AM                                |                         |                           | 10.                     | 00 AM                  |                    |                         | 10.0                  | 00 AM                    |                                |                        | 10.                                     | MA 00                    |                      |                         | 10.0                 | MA 00                  |                         |                        | 10.0                         | 00 AM                |                      |                      | 10.0                 | 00 AM                |                      | 10     |
|    | Training<br>Time             | Training<br>Time        | Pole Level 1<br>Brenna               | Training<br>Time        |                           |                         |                        |                    | Training<br>Time        | Training<br>Time      | Heels Flow               | Training<br>Time               | Training<br>Time       | Training<br>Time                        | Flow                     | Training<br>Time     | Training<br>Time        | Training<br>Time     | Pole Level 1<br>Nicole |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | 11110                        | 11110                   |                                      |                         |                           |                         |                        |                    | Time                    | 11110                 | Nicole                   | 11110                          | T IIIIC                | *************************************** | Ali                      | T IIIIC              | Time.                   | 11110                |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | 10:00am -<br>10:55am         | 10:00am -<br>10:55am    | 10:00am -<br>10:55am                 | 10:00am -<br>10:55am    |                           |                         |                        |                    | 10:00am -<br>10:55am    | 10:00am -<br>10:55am  | 10:00am -<br>10:55am     | 10:00am -<br>10:55am           | 10:00am -<br>10:55am   | 10:00am -<br>10:55am                    | 10:00am -                | 10:00am -<br>10:55am | 10:00am -<br>10:55am    | 10:00am -<br>10:55am | 10:00am -<br>10:55am   |                         | Aerial Play<br>Giorgia | Spin Tricks L2/3<br>Kristyna | Royce/Megan          | Training<br>Time     |                      |                      |                      |                      |        |
|    | Training                     | Training                | Pole Play                            | Training                |                           |                         |                        |                    | Aerial Play             | Training              | 10.558111                | Training                       | 10.558111              | 10.33411                                | 10.00411                 | 10.33411             | 10.55411                | 10.53411             | 10.55411               |                         |                        |                              |                      |                      | Training             | Training             | Dolo Dlav            | Training             | ı      |
|    | Time                         | Time                    | Tash                                 | Time                    |                           |                         |                        |                    | Tash                    | Time                  |                          | Time                           |                        |   |                          |                      |                         |                      |                        |                         | 10.30am -<br>11.25am   | 10.30am -<br>11.25am         | 10.30am -<br>11.25am | 10.30am -<br>11.25am | Time                 | Time                 | Pole Play<br>Giorgia | Time                 | П      |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         | Training               | Pole Tricks 4/5              | + Pole Level 1       | Training             |                      |                      |                      |                      |        |
|    |                              | 11:00am -<br>11:55am    | 11:00am -<br>11:55am                 | 11:00am -<br>11:55am    |                           |                         |                        |                    | 11:00am -<br>11:55am    | 11:00am -<br>11:55am  |                          | 11:00am -<br>11:55am           |                        |   |                          |                      |                         |                      |                        |                         | Time                   | Kristyna                     |                      | Time                 | 11:00am -<br>11:55am | 11:00am -<br>11:55am | 11:00am -<br>11:55am | 11:00am -<br>11:55am | 4      |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         | 11:30am -              | 11:20am -                    |                      | 11:30am -            | Training             | Training             |                      | Stretch<br>& Flex    |        |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         | 12:25pm                | 11:30am -<br>12:25pm         | 12:25pm              | 12:25pm              | Time                 | Time                 |                      | Giorgia              | 4      |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         | Training               | Training                     |                      | Stretch              |                      |                      |                      |                      | 4      |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         | Time                   | Time                         |                      | & Flex 🍁<br>Sarah    | 12:00pm -<br>12:55pm | 12:00pm -<br>12:55pm |                      | 12:00pm -<br>12:55pm | 4      |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         |                        |                              |                      |                      | 12.00piii            | 12.50piii            |                      | 12.55pm              | 1      |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         | 12:30pm -<br>1:25pm    | 12:30pm -<br>1:25pm          |                      | 12:30pm -<br>1:25pm  |                      |                      |                      |                      |        |
|    | 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           | ī      |
|    |                              | 4.3                     | 0 PM                                 |                         |                           |                         | 4.30 PM                |                    |                         |                       | 4.30 PM                  |                                |                        |   | 4.30 PM                  |                      |                         | _                    | 4.30 PM                |                         |                        |                              | 4.30 PM              |                      |                      | 4.3                  | 0 PM                 |                      | 4      |
|    | Hoop Level 1 🌟               |                         |                                      | Training                | Training                  | Training                | Pole Level 1           |                    | Training                | Training              | Pole Level 1             |                                | Tissu Level 1 🏫        |   |                          | Training             | Hoop Level 1            |                      |                        | Training                |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              | Time                    |                                      | Time                    | Time                      | Time                    | LIDI                   |                    | Time                    | Time                  | LIDI                     |                                | lasn                   | Time                                    |                          | Time                 | Ainsley                 | Time                 |                        | Time                    |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              | 4:30pm -                |                                      | 4:30pm -                | 4:30pm -                  | 4:30pm -                | 4:30pm -               |                    | 4:30pm -                | 4:30pm -              | 4:30pm -                 |                                | 4:30pm -               | 4:30pm -                                |                          | 4:30pm -             | 4:30pm -<br>5:25pm      | 4:30pm -             |                        | 4:30pm -                |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              | 5:25pm                  |                                      | 5:25pm                  | 5:25pm                    | 5:25pm                  |                        | Stretch &          | 5:25pm                  | 5:25pm                | 5:25pm<br>Regioner Floor |                                | 5:25pm<br>Hoop Heels   | 5:25pm                                  | Paginnar Haala           | 5:25pm<br>Stretch &  |                         | 5:25pm               |                        | 5:25pm<br>Strotch       |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | Tissu Level 1 🌟<br>Leashelle | Pole Level 1 Ainsley    | Heels Flow<br>Nicole                 | Training<br>Time        | Hoop Level 1 1<br>Giorgia | Pole Level 3<br>Tash    | Pole Level 2<br>Libi   | Flex 🌟             | Hoop Level 2<br>Nicole  | Pole Level 4<br>Megan | & Base                   | Booty Dance 🙀<br>Kristyna/Tash | Flow<br>Nicole         | Pole Level 2<br>Morgan                  | Flow                     | Flex                 | Hoop Level 2<br>Aisnley | Pole Level 2<br>Libi | Pole Level 1           | & Flex                  |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                | Nicole                 |   |                          |                      |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | 5:30pm -<br>6:25pm           | 5:30pm -<br>6:25pm      | 5:30pm -                             | 5:30pm -<br>6:25pm      | 5:30pm -<br>6:25pm        | 5:30pm -<br>6:25pm      | 5:30pm -               | 5:30pm -<br>6:25pm | 5:30pm -<br>6:25pm      | 5:30pm -              | 5:30pm -                 | 5:30pm -<br>6:25pm             | 5:30pm -<br>6:25pm     | 5:30pm -<br>6:25pm                      | 5:30pm -                 | 5:30pm -             | 5:30pm -<br>6:25pm      | 5:30pm -             | 5:30pm -               | 5:30pm -<br>6:25pm      |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | Hoop Combos                  | 0.20pm                  | Beginner Heels                       | Handstands &            |                           | 0.20pm                  |                        | Splits Stretch     |                         | 0.200111              |                          | Stretch Back &                 |                        |   |                          | Stretch &            |                         |                      | 0.25pm                 |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              | Pole Tricks 4/5<br>Beth | Beginner Heels<br>Flow<br>Ali/Morgan | Conditioning †          | Hoop Level 3<br>Giorgia   | Pole Tricks 3/4<br>Tash | + Heels Flow<br>Nicole |                    | Training<br>Time        | Pole Level 1<br>Tash  |                          | Shoulders<br>Kristyna 🙀        | Hoop Level 3<br>Ruby   | Pole Level 4<br>Beth                    | Heels Flow<br>Morgan/Ali | Protect 🐈            | Training<br>Time        | Pole Play<br>Sarah   | Training<br>Time       | Booty Dance 🍁<br>Brenna |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              |                         |                                      |                         | 6:30pm -<br>7:25pm        |                         |                        | 6:30pm -           | 6:30pm -                | 6:30pm -              |                          |                                | 6:30pm -               |   |                          | 6:30pm -             | 6:30pm -                | 6:30pm -             | 6:30pm -               | 6:30pm -                |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              | 7:25pm                  |                                      |                         |                           | 7:25pm                  |                        | 7:25pm             | 7:25pm                  | 7:25pm                |                          | 7:25pm                         | 7:25pm<br>Silks Combos |   |                          | 7:25pm               | 7:25pm                  | 7:25pm               | 7:25pm                 | 7:25pm                  |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | Silks Level 2<br>Georgia     | Pole Level 3<br>Beth    | Pole Level 2<br>Sarah                | Splits Stretch<br>Royce | Silks Level 3<br>Ruby     | Pole Play<br>Laura      | Pole Level 1<br>Nicole | Training<br>Time   | Tissu Level 1 Leashelle | Training<br>Time      |                          | Training<br>Time               | 2/3                    | Pole Level 1<br>Libi                    | Pole Level 3<br>Nicole   | Training<br>Time     |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       | - 8:30pm                 |                                | Kuby                   |   |                          |                      |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    | 7:30pm -<br>8:25pm           | 7:30pm -<br>8:25pm      | 7:30pm -<br>8:25pm                   | 7:30pm -<br>8:25pm      | 7:30pm -<br>8:25pm        | 7:30pm -<br>8:25pm      | 7:30pm -<br>8:25pm     | 7:30pm -<br>8:25pm | 7:30pm -<br>8:25pm      | 7:30pm -<br>8:25pm    |                          | 7:30pm -<br>8:25pm             | 7:30pm -<br>8:25pm     | 7:30pm -<br>8:25pm                      | 7:30pm -<br>8:25pm       | 7:30pm -<br>8:25pm   |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      | 1                       |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
|    |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |
| Ŋ. |                              |                         |                                      |                         |                           |                         |                        |                    |                         |                       |                          |                                |                        |   |                          |                      |                         |                      |                        |                         |                        |                              |                      |                      |                      |                      |                      |                      |        |