

ALTITUDE CHRISTCHURCH CENTRAL																												May 2025						
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 Brenna	Training Time					Training Time	Training Time	Heels Flow Nicole	Training Time	Training Time	Training Time	Beginner Heels Flow Ali	Training Time	Training Time	Training Time	Pole Level 1 Nicole																
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 Play Tash	Training Time					Aerial Play Tash	Training Time			Training Time				Training Time	Training Time			Aerial Play Georgia	Spin Tricks L2/3 Kristyna	Pole Flow Royce/Megan	Training Time	Training Time	Training Time	Pole Play Georgia	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	11:00am - 11:55am			10:30am - 11:25am	10:30am - 11:25am	10:30am - 11:25am	10:30am - 11:25am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am							
																				Training Time	Training Time			Training Time	Training Time									
																				11:30am - 12:25pm	11:30am - 12:25pm	11:30am - 12:25pm	11:30am - 12:25pm	12:00pm - 12:55pm	12:00pm - 12:55pm									
																				12:30pm - 1:25pm	12:30pm - 1:25pm			Stretch & Flex Sarah			Stretch & Flex Georgia							
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	Pole Level 1 Libi			Training Time	Training Time	Pole Level 1 Libi			Tissu Level 1 Tash	Training Time			Training Time	Hoop Level 1 Ainsley	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	4:30pm - 5:25pm			4:30pm - 5:25pm											
Tissu Level 1 Leashelle	Pole Level 1 Ainsley	Heels Flow Nicole	Training Time	Hoop Level 1 Georgia	Pole Level 3 Tash	Pole Level 2 Libi	Stretch & Flex Patra	Hoop Level 2 Nicole	Pole Level 4 Megan	Beginner Floor & Base Sarah	Booty Dance Kristyna/Tash	Hoop Heels Flow Nicole	Pole Level 2 Morgan	Beginner Heels Flow Lizzie	Stretch & Flex Tash	Hoop Level 2 Ainsley	Pole Level 2 Libi	Pole Level 1 Brenna	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 Tricks 4/5 Beth	Beginner Heels Flow Ali/Morgan	Handstands & Conditioning Royce	Hoop Level 3 Georgia	Pole Tricks 3/4+ Tash	Heels Flow Nicole	Splits Stretch Laura	Training Time	Pole Level 1 Tash	Pole Level 5	Stretch Back & Shoulders Kristyna	Hoop Level 3 Ruby	Pole Level 4 Beth	Heels Flow Morgan/Ali	Stretch & Protect Libi	Training Time	Pole Play Sarah	Training Time	Booty Dance Brenna															
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 3 Beth	Pole Level 2 Sarah	Splits Stretch Royce	Silks Level 3 Ruby	Pole Play Laura	Pole Level 1 Nicole	Training Time	Tissu Level 1 Leashelle	Training Time			Training Time	Silks Combos 2/3 Ruby	Pole Level 1 Libi	Pole Level 3 Nicole	Training Time																		
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																		