

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						
10.00am	10.00am - 10:55am	Training Time	Training Time	Pole Level 1 Brenna	Training Time	10.00 AM				Training Time	Training Time	102 Heels Flow Nicole	Training Time	Training Time	Training Time	101 Heels Flow Ali	Training Time	Training Time	Training Time	Pole Level 1 Nicole	Training Time	10.00 AM								10.00am					
	11.00am - 11:55am	Training Time	Training Time	Pole Play Tash	Training Time					Aerial Play Tash	Training Time	Training Time	Training Time	Training Time	Training Time	Training Time	102 Heels Flow Ali	Training Time					Aerial Play Giorgia	Spin Tricks L2/3 Kristyna	Pole Flow Royce/Megan	Training Time					10.30am - 11:00am	10.30am - 11:00am	10.30am - 11:00am	10.30am - 11:00am	11.00am
	12.00pm - 12:55pm																									11:30am - 12:25pm	11:30am - 12:25pm	11:30am - 12:25pm	11:30am - 12:25pm	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	11:00am - 11:55am	12.00pm	
4.30pm	4.30pm - 5:25pm	Hoop Level 1 Nicole	Training Time	Training Time	Training Time	Training Time	Training Time	Pole Level 1 Libi	Training Time	Training Time	Training Time	Pole Level 1 Libi	Training Time	Tissu Level 1 Tash	Training Time	Training Time	Training Time	Hoop Level 1 Ainsley	Training Time	Training Time	Training Time	Training Time	4.30 PM								4.30pm				
	5.30pm - 6:25pm	Tissu Level 1 Leashelle	Pole Level 1 Ainsley	102 Heels Flow Nicole	Training Time	Hoop Level 1 Giorgia	Pole Level 3 Tash	Pole Level 2 Libi	Stretch & Flex Petra	Hoop Level 2 Nicole	Pole Level 4 Mel	Beginner Floor & Base Sarah	Booty Dance Kristyna/Tash	Hoop Heels Flow Nicole	Pole Level 4 Beth	101 Heels Flow Lizzie	Stretch & Flex Tash	Hoop Level 2 Ainsley	Pole Level 2 Libi	Pole Level 1 Brenna	Stretch & Flex Sarah									5.30pm					
	6.30pm - 7:25pm	Hoop Combos 2/3 Georgia	Pole Level 4/5 Tricks Beth	101 Heels Flow Morgan	Handstands & Conditioning Royce	Hoop Level 3 Giorgia	Pole Tricks 3/4+ Tash	102 Heels Flow Nicole	Splits Stretch Laura	Training Time	Pole Level 1 Tash	Pole Level 5 Karry	Stretch Back & Shoulders Kristyna	Hoop Level 3 Ruby	102 Heels Flow Morgan	Pole Level 2 Nicole	Stretch & Protect Libi	Training Time	Pole Play Sarah	Training Time	Booty Dance Brenna									6.30pm					
7.30pm	7.30pm - 8:25pm	Silks Level 2 Georgia	Pole Level 3 Beth	Pole Level 2 Sarah	Splits Stretch Royce	Silks Level 3 Ruby	Pole Level 1 Nicole	Pole Play Laura	Training Time	Tissu Level 1 Leashelle	Training Time	Training Time	Training Time	Silks Combos 2/3 Ruby	Pole Level 1 Libi	Pole Level 3 Karry/Zoe	Training Time													7.30pm					
	8.30pm - 9:25pm																													8.30pm					

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★ Beginner Friendly Classes