

**Altitude**  
Role & Fitness

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	
9.00am															9.00am
9.30am															9.30am
10.00am			Pole Level 1 ★	Training Time			Spin Pole Level 1 ★	Training Time							10.00am
10.30am			10.00am - 11:00am	10:00am - 11:00am			10:00am - 11:00am	10:00am - 11:00am							10.30am
11.00am					Pole Level 2	Training Time									11.00am
11.30am					11.00am - 12.00pm	11:00am - 12:00pm									11.30am
12.00pm					Pole Flow										12.00pm
12.30pm					12:00pm - 1:00pm										12.30pm
1.00pm															1.00pm
1.30pm															1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm															3.00pm
3.30pm															3.30pm
4.00pm															4.00pm
4.30pm															4.30pm
5.00pm													Pole Practice	Training Time	4.30pm
5.30pm													4:30pm - 5:30pm	4:30pm - 5:30pm	5.00pm
5.30pm	Stretch and Flex ★	Pole Level 3			Training Time	Stretch and Flex ★	Pole Level 1 ★	Pole Level 4	Tone & Conditioning ★	Training Time			Pole Level 3	Stretch and Flex ★	5.30pm
6.00pm	5.30pm - 6.30pm	5:30pm - 6:30pm			5.30pm - 6.30pm	5:30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm	5:30pm - 6.30pm	5.30pm - 6.30pm			5.30pm - 6.30pm	5.30pm - 6.30pm	6.00pm
6.30pm	Pole Level 1 ★	Hand Balance ★	Spin Pole Level 2	Training Time	Pole Flow	Pole Level 4/5 Combos	Spin Pole Level 3	Pole Level 2	Spin Pole Level 1 ★						6.30pm
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6:30pm - 7:30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6:30pm - 5:30pm						7.00pm
7.30pm	Pole & Chair Flow	Pole Level 4	Pole Level 2	Training Time	Pole Level 1 ★	Pole Level 3	Seductive Pole Flow	Training Time							7.30pm
8.00pm	7.30pm - 8.30pm	7.30pm-8.30pm	7:30pm - 8:30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm							8.00pm
8.30pm															8.30pm
9.00pm															9.00pm
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