

# ALTITUDE POLE DRURY TIMETABLE - March 2026



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													
9.30am													
10.00am		<b>Pole Level 1 ★</b>	<b>Training Time</b>				<b>Spin Pole Level 1 ★</b>	<b>Training Time</b>					
10.30am		10:00am - 11:00am	10:00am - 11:00am				10:00am - 11:00am	10:00am - 11:00am					
11.00am		<b>Stretch and Flex ★</b>	<b>Training Time</b>	<b>Pole Level 2</b>	<b>Training Time</b>								
11.30am		11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm								
12.00pm				<b>Pole Flow</b>	<b>Training Time</b>								
12.30pm				12:00pm - 1:00pm	12:00pm - 1:00pm								
1.00pm													
1.30pm													
2.00pm													
2.30pm													
3.00pm													
3.30pm													
4.00pm													
4.30pm												<b>Amy's Antics</b>	<b>Training Time</b>
5.00pm												4:30pm - 5:30pm	4:30pm - 5:30pm
5.30pm	<b>Pole Level 3</b>	<b>Stretch and Flex ★</b>	<b>Pole Level 2</b>	<b>Training Time</b>	<b>Training Time</b>	<b>Stretch and Flex ★</b>	<b>Pole Level 1 ★</b>	<b>Pole Level 4</b>	<b>Tone &amp; Conditioning ★</b>	<b>Training Time</b>		<b>Beg Hand Balance ★</b>	<b>Stretch and Flex ★</b>
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		5.30pm - 6.30pm	5.30pm - 6.30pm
6.30pm	<b>Balance &amp; Beyond</b>	<b>Pole Level 1 ★</b>	<b>Spin Pole Level 2</b>	<b>Training Time</b>	<b>Pole Flow</b>	<b>Pole Level 4/5</b>	<b>Spin Pole Level 3</b>	<b>Pole Level 2</b>					
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	<b>Spin Pole Level 1 ★</b>	<b>Training Time</b>			
7.30pm	<b>Pole Level 4</b>	<b>Training Time</b>			<b>Pole Level 1 ★</b>	<b>Pole Level 3</b>	<b>Seductive Pole Flow</b>	<b>Training Time</b>	7:00pm - 8:00pm	7:00pm - 8:00pm			
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					
8.30pm													
9.00pm													