

ALTITUDE POLE STUDIO TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	
9.30am															9.30am
10.00am															10.00am
10.30am															10.30am
11.00am											These classes are subject to change and based on instructor availability				11.00am
11.30am															11.30am
12.00pm											Training Time	Training Time			12.00pm
12.30pm															12.30pm
1.00pm											Training Time	Training Time			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			Training Time	Training Time	Training Time	Training Time	Pole Level 1	Training Time					Training Time	Silks Level 1	5.00pm
5.30pm							4.30pm - 5.30pm							4.30pm - 5.30pm	5.30pm
6.00pm	Training Time	Hoop Level 2	Training Time	Silks Level 3	Training Time	Hoop Level 1	Stretch and Flex	Hoop Level 3	Pole Level 2/3	Training Time			Pole Level 1	Training Time	6.00pm
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
7.00pm	Training Time	Hoop Level 1	Pole Level 1	Silks Level 2	Pole Level 3/4	Aerial Conditioning	Floorplay & Flow	Training Time							7.00pm
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								7.30pm
8.00pm					Pole Level 2	Training Time	Training Time	Silks Level 1							8.00pm
8.30pm					7.30pm - 8.30pm			7.30pm - 8.30pm							8.30pm
9.00pm															9.00pm
9.30pm															9.30pm
10.00pm															10.00pm
10.30pm															10.30pm
							altitudepole.co.nz								