

# 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  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 10.00am |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 10.30am |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 11.00am |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 11.30am |               |               |                 |                 |                 |                     |                  |                 |                 |               | These classes are subject to change and based on instructor availability |               |  |                 |
| 12.00pm |               |               |                 |                 |                 |                     |                  |                 |                 |               | Training Time  | Training Time |  |                 |
| 12.30pm |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 1.00pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               | Training Time  | Training Time |  |                 |
| 1.30pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 2.00pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 2.30pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 3.00pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 3.30pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 4.00pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               | Acro Training Time                           |                 |
| 4.30pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               | Last Sunday of each month, subject to change |                 |
| 5.00pm  |               |               |                 |                 | Training Time   | Training Time       | Pole Level 1     | Training Time   |                 |               |  |               | Training Time                                | Silks Level 1   |
| 5.30pm  |               |               |                 |                 |                 |                     | 4:30pm - 5:30pm  |                 |                 |               |  |               |  | 4:30pm - 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   |
| 6.30pm  |               | 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                              |                 |
| 7.00pm  | Training Time | Hoop Level 1  | Pole Level 1    | Silks Level 2   | Pole Level 3/4  | Aerial Conditioning | Floorplay & Flow | Training Time   |                 |               |  |               |  |                 |
| 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  |                 |                 |               |  |               |  |                 |
| 8.00pm  |               |               |                 |                 | Pole Level 2    | Training Time       | Training Time    | Silks Level 1   |                 |               |  |               |  |                 |
| 8.30pm  |               |               |                 |                 | 7.30pm - 8.30pm |                     |                  | 7.30pm - 8.30pm |                 |               |  |               |  |                 |
| 9.00pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 9.30pm  |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 10.00pm |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |
| 10.30pm |               |               |                 |                 |                 |                     |                  |                 |                 |               |  |               |  |                 |