

Altitude Pole Studio Timetable															
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
The Garden		The Gallery		The Garden		The Gallery		The Garden		The Gallery		The Garden		The Gallery	
9:00 AM															
9:30am															
10:00am	Pole Level 1	Training Time	Strength & Conditioning	Training Time			Training Time	Aerial Flex	Pole Level 1	Spin Pole Level 2 & 3	Pole Flow	Pole Level 3	Stretch & Flex	Spin Pole Level 3 & 4	10:00am
10:30am	Ruby 10:00am - 11:00am		Lulu 10:00am - 11:00am					Maddie 10:00am - 11:00am	Ruby 10:00am - 11:00am	Kaena 10:00am - 11:00am	Kate 10:00am - 11:00am	Simie 10:00am - 11:00am	Laura T 10:00am - 11:00am	Ashlee 10:00am - 11:00am	10:30am
11:00am	Training Time	Aerial Fit	Stretch	Training Time			Chair Flow	Training Time	Training Time	Stretch & Flex	Pole Play	Training Time			11:00am
11:30am		Lulu 11:00am - 12:00pm	Lulu 11:00am - 12:00pm				Maddie 11:00am - 12:00pm			Kaena 11:00am - 12:00pm	Simie 11:00am - 12:00pm				11:30am
12:00pm	Training Time	Level 3/4 Combos							Training Time	Pole Flow					12:00pm
12:30pm		Lulu 12:00pm - 1:00pm								Kaena 12:00pm - 1:00pm					12:30pm
1:00pm															1:00pm
1:30pm															1:30pm
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4:00pm															4:00pm
4:30pm															4:30pm
5:00pm	Pole Level 1	Pole Level 2	Training Time	Spin Pole Level 1 & 2	Training Time	Beginner Flow	Heels Flow	Training Time							5:00pm
5:30pm	Jess 5:00pm-6:00pm	Lilly 5:00pm - 6:00pm		Ali 5:00pm - 6:00pm		Jenny 5:00pm - 6:00pm	Ali 5:00pm - 6:00pm								5:30pm
6:00pm	Pole Flow	Spin Pole Level 1 & 2	Pole Level 3	Stretch & Flex	Int Heels Flow	Pole Level 1	Pole Level 5	Pole Level 3	Pole Level 1	Pole Play					6:00pm
6:30pm	Jess 6:00pm-7:00pm	Lilly 6:00pm - 7:00pm	Simie 6:00pm - 7:00pm	Amy 6:00pm - 7:00pm	Laura F 6:00pm - 7:00pm	Jenny 6:00pm - 7:00pm	Ali 6:00pm - 7:00pm	Jane 6:00pm - 7:00pm	Shelby 6:00pm - 7:00pm	Emma C 6:00pm - 7:00pm					6:30pm
7:00pm	Pole Level 4	Spin 2/3 Combos	Level 4+ Combos	Level 2/3 Combos	Basework	Stretch & Flex	Spin Pole Level 4	Pole Level 2	Stretch & Flex	Level 3/4 Combos					7:00pm
7:30pm	Maddie 7:00pm - 8:00pm	Jess 7:00pm - 8:00pm	Simie 7:00pm - 8:00pm	Amy 7:00pm - 8:00pm	Maggie 7:00pm - 8:00pm	Simie 7:00pm - 8:00pm	Maddie 7:00pm - 8:00pm	Jane 7:00pm - 8:00pm	Shelby 7:00pm - 8:00pm	Emma C 7:00pm - 8:00pm					7:30pm
8:00pm	Pole Level 5	Flow Foundations	Pole Level 1	Training Time	Pole Level 4	Pole Play	Stripper Flow	Pole Level 1							8:00pm
8:30pm	Maddie 8:00pm - 9:00pm	Maggie 8:00pm - 9:00pm	Zay 8:00pm - 9:00pm		Maggie 8:00pm - 9:00pm	Simie 8:00pm - 9:00pm	Maddie 8:00pm - 9:00pm	Georgia 8:00pm - 9:00pm							8:30pm
9:00pm															9:00pm
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