

ALTITUDE POLE REDWOOD TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>
9.30am								Pole Level 2	Training Time	Training Time	Floor 101	Training Time	Strength & Conditioning
10.00am								Melissa 9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am	Brenna 9.30am - 10.30am	9.30am - 10.30am	Tae 9.30am - 10.30am
10.30am	Pole Level 1	Pole Combos Level 1/2						Pole Level 1	Training Time	Pole Level 4	Stretch & Flow	Training Time	Pole Combos Level 3/4
11.00am	Emma-Jane 10.30am - 11.30am	Michelle (fortnightly) 11.30am - 12.30pm						Melissa 10.30am - 11.30am	10.30am - 11.30am	Tamara 10.30am - 11.30am	Brenna 10.30am - 11.30am	10.30am - 11.30am	Tae 10.30am - 11.30am
11.30am	Pole Play	Training Time								Pole Level 2 // Pole Level 3	Spin Pole Level 3/4		
12.00pm	Noelle (fortnightly) 11.30am - 12.30pm	11.30am - 12.30pm								Brenna - alternating class 11.30am - 12.30pm	Tamara 11.30am - 12.30pm		
12.30pm													
1.00pm													
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4.00pm													
4.30pm	Training Time	Training Time	Training Time	Training Time	Training Time	Stretch & Flow // Booty	Training Time	Training Time	Pole Flow 101 // Pole Play	Training Time			
5.00pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	Brenna - alternating class 4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	Michelle - alternating 4.30pm - 5.30pm	4.30pm - 5.30pm			
5.30pm	Pole Level 1	Pole Combos Level 4/5	Pole Level 3	Stretch & Flex	Pole Level 2	Flow Freestyle // Heels 101	Pole Level 1	Pole Combos Level 3/4	Pole Combos Level 4/5	Booty			
6.00pm	Michelle 5.30pm - 6.30pm	Kristyna 5.30pm - 6.30pm	Tamara 5.30pm - 6.30pm	Noelle 5.30pm - 6.30pm	Brenna 5.30pm - 6.30pm	Laurel - alternating class 5.30pm - 6.30pm	Melissa 5.30pm - 6.30pm	Noelle 5.30pm - 6.30pm	Michelle 5.30pm - 6.30pm	Tamara 5.30pm - 6.30pm			
6.30pm	Pole Level 2	Pole Dance	Pole Level 1	Pole Dance	Pole Level 3	Floor 102 // Heels 102	Pole Level 4	Pole Level 5	Foundations L3+	Heels 101			
7.00pm	Tae 6.30pm - 7.30pm	Amelia 6.30pm - 7.30pm	Melissa 6.30pm - 7.30pm	Tamara 6.30pm - 7.30pm	Tae 6.30pm - 7.30pm	Nicole - alternating class 6.30pm - 7.30pm	Kristyna 6.30pm - 7.30pm	Noelle 6.30pm - 7.30pm	Noelle 6.30pm - 7.30pm	Tamara 6.30pm - 7.30pm			
7.30pm	Level 4 Pole	POP UP & Training Time	Pole Combos Level 1/2	Training Time	Spin Pole Level 4/5	Spin Pole Level 2/3 // 3/4	Foundations L3+	Stretch & Flex Extra	Pole Dance // Pole Play	Training Time			
8.00pm	Amelia 7.30pm - 8.30pm	7.30pm - 8.30pm	Melissa 7.30pm - 8.30pm	7.30pm - 8.30pm	Nicole 7.30pm - 8.30pm	Mia - alternating classes 7.30pm - 8.30pm	Rhi 7.30pm - 8.30pm	Laura 7.30pm - 8.45pm	Noelle - alternating class 7.30pm - 7.830pm	7.30pm - 8.30pm			
8.30pm													
9.00pm													
9.30pm													
10.00pm	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>	<i>The Summers</i>	<i>The Pole Haven</i>
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