


ALTITUDE POLE REDWOOD TIMETABLE																
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers		
9.30am									Pole Level 2	Training Time	Training Time	Floor 101	Training Time	Strength & Conditioning	9.30am	
10.00am									Melissa 9.30am - 10.30am	930am - 10.30am	9.30am - 10.30am	Brenna 9.30am - 10.30am	Fortnightly 9.30am - 10.30am	Tae - Fortnightly 9.30am - 10.30am	10.00am	
10.30am	Pole Level 1	Training Time							Pole Level 1	Pole Play	Pole Level 4	Stretch & Flow	Training Time	Pole Level 3 // Pole Play	10.30am	
11.00am	Michelle 10.30am - 11.30am	10.30am - 11.30am							Melissa 10.30am - 11.30am	Noelle 10.30am - 11.30am	Tamara 10.30am - 11.30am	Brenna 10.30am - 11.30am	10.30am - 11.30am	Tae - alternating class 10.30am - 11.30am	11.00am	
11.30am											Spin Pole Level 3/4	Pole Level 2 // Pole Level 3			11.30am	
12.00pm											Tamara 11.30am - 12.30pm	Brenna - alternating class 11.30am - 12.30pm			12.00pm	
12.30pm															12.30pm	
1.00pm															1.00pm	
1.30pm															1.30pm	
2.00pm															2.00pm	
2.30pm													Training Time	Pole Level 1	2.30pm	
3.00pm													2.30pm - 3.30pm	Emma-Jane 2.30pm - 3.30pm	3.00pm	
3.30pm													Training Time	Pole Dance	3.30pm	
4.00pm													3.30pm - 4.30pm	Addy / Emma Jane 3.30pm - 4.30pm	4.00pm	
4.30pm			Training Time	Floor 101 // Heels 101	Training Time	Stretch & Flow // Booty	Pole Level 3	Training Time	Training Time	Pole Dance			Training Time	Stretch & Flex	4.30pm	
5.00pm			4.30pm - 5.30pm	Elle - alternating classes 4.30pm - 5.30pm	4.30pm - 5.30pm	Brenna - alternating class 4.30pm - 5.30pm	Noelle 4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	Noelle 4.30pm - 5.30pm			Fortnightly 4.30pm - 5.30pm	Addy - Fortnightly 4.30pm - 5.30pm	5.00pm	
5.30pm	Pole Level 1	Pole Combos Level 4/5	Pole Level 3	Stretch & Flex	Pole Level 3	Pole Level 2	Pole Level 1	Pole Combos Level 3/4	Pole Combos Level 4/5	Booty					5.30pm	
6.00pm	Libi 5.30pm - 6.30pm	Kristyna 5.30pm - 6.30pm	Tamara 5.30pm - 6.30pm	Elle 5.30pm - 6.30pm	Tae 5.30pm - 6.30pm	Brenna 5.30pm - 6.30pm	Melissa 5.30pm - 6.30pm	Noelle 5.30pm - 6.30pm	Michelle 5.30pm - 6.30pm	Tamara 5.30pm - 6.30pm					6.00pm	
6.30pm	Pole Level 2	Pole Dance	Pole Level 1	Pole Dance	Flow Freestyle // Heels 101	Floor 102 // Heels 102	Pole Level 4	Pole Level 5	Pole Play // Flow 101	Heels 101					6.30pm	
7.00pm	Libi 6.30pm - 7.30pm	Amelia 6.30pm - 7.30pm	Melissa 6.30pm - 7.30pm	Tamara 6.30pm - 7.30pm	Laurel - alternating class 6.30pm - 7.30pm	Nicole - alternating class 6.30pm - 7.30pm	Kristyna 6.30pm - 7.30pm	Noelle 6.30pm - 7.30pm	Michelle - alternating class 6.30pm - 7.30pm	Tamara 6.30pm - 7.30pm					7.00pm	
7.30pm	Level 4 Pole	Training Time	Pole Combos Level 1/2	Training Time	Spin Pole Level 2/3 // 3/4	Spin Pole Level 4/5	Pole Play	Stretch & Flex Extra	Training Time	Training Time					7.30pm	
8.00pm	Amelia 7.30pm - 8.30pm	7.30pm - 8.30pm	Melissa 7.30pm - 8.30pm	7.30pm - 8.30pm	Mia - alternating classes 7.30pm - 8.30pm	Nicole 7.30pm - 8.30pm	Rhi 7.30pm - 8.30pm	Laura 7.30pm - 8.45pm	7.30pm - 8.30pm	7.30pm - 8.30pm					8.00pm	
8.30pm															8.30pm	
9.00pm															9.00pm	
9.30pm															9.30pm	
10.00pm	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	The Pole Haven	The Summers	10.00pm	
10.30pm	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		10.30pm	
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