ALTITUDE POLE HAMITLON TIMETABLE

Altitude

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	THE TRICKSTER	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*	*THE TRICKSTER*	*THE DANCER*	*THE ATHLETE*
7:00 AM																					
7:30 AM																					
8:00 AM																					
8:30 AM																					
9:00 AM				**Pole Level 2**			**Pole Play**									**Beginner Pole Flow**	**Training Time**				
9.30am				9:00am - Nika			9:00am - Ashlee									9:00am - Alyna	9:00 AM				
10:00 AM				**Pole Level 1**	**Training Time**		**Beginner Pole Flow**	**Training Time**					**Training Time**	**Stretch & Flex**		**Pole Level 1**					
10.30am				10:00am - Nika	10:00 AM		10:00am - Ashlee	10:00 AM					10:00 AM	10:00am - Ash		10:00am - Alyna					
11:00 AM																					
11:30 AM																					
4:30 PM																					
5:00 PM													**Pole Level 3**	**Training Time**							
5:30 PM													4:30pm Nika	4:30 PM							
6:00 PM	**Pole Level 3**	**Pole Play**		**Training Time**	**Pole Level 2**		**Pole Level 3**		**Stretch & Flex**	**Training Time**	**Pole Level 1**	**Beginner Hand Balance**	**Pole Level 2**	**Training Time**					**Level 2/3 Combo Class**		
6:30 PM	5.30pm - Emma	5.30pm - Siobhan		5:30 PM	5:30pm - Carrie-A		5.30pm - Xanthe		5.30pm - Jody	5:30 PM	5:30pm - Nika	5:30 PM - Jess	5.30pm - Nika	5:30 PM					5:30pm - Siobhan		
7:00 PM	**Pole Level 4**	**Pole Level 2**		**Pole Level 3**	**Pole Level 1**		**Pole Level 5**	**Training Time**		**Beginner Pole Flow**	**Pole Level 4**								**Stretch & Flex**	**Training Time**	
7:30 PM	6.30pm - Emma	6:30pm Crystal		6.30pm - Stacey	6:30pm - Emma		6.30pm - Jody	6:30 PM		6.30pm - Nika	6:30pm - Ashlee								6:30pm - Siobhar	6:30 PM	
8:00 PM	**Intermediate Pole Flow**	**Pole Level 1**	**Stretch & Flex**	**Beginner Pole Flow**	**Training Time**		**Twerk 101**	**Pole Level 1**		**Pole Play**	**Pole Level 2**										
8:30 PM	7.30pm - Stacey	7:30pm - Crystal	7:30pm Jess	7.30pm - Cherry	7:30 PM		7:30pm Bailee	7.30pm - Ashlee		5.30pm - Alyna	7:30pm - Laura										
9:00 PM																					