

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 1	Training Time	Training Time	Strength & Conditioning
10.00am											9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am (fortnightly)
10.30am									Pole Level 1	Training Time	Flow 101	Stretch & Flow		
11.00am									10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am		
11.30am											Pole 3/4 Spin	Pole Dance // L1/2 Spin		
12.00pm											11.30am - 12.30pm	11.30am - 12.30pm (alternate)		
12.30pm														
1.00pm														
1.30pm														
2.00pm														
2.30pm													Pole Dance	Training Time
3.00pm													2.30pm - 3.30pm	2.30pm - 3.30pm
3.30pm													Pole Play	Training Time
4.00pm													3.30pm - 4.30pm	3.30pm - 4.30pm
4.30pm			Pole Level 2	Training Time	Training Time	Floor 101	Pole Level 3	Training Time	Pole Combos L2/3	Stretch & Flex			Training Time	Stretch & Flex
5.00pm			4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm	4.30pm - 5.30pm			4.30pm - 5.30pm	4.30pm - 5.30pm
5.30pm	Pole Level 2	Spin Pole Level 3/4	Pole Level 1	Stretch & Flex	Pole Level 2	Pole Level 4	Pole Level 1	Pole Combos L3/4	Pole Combos L4/5	Booty				
6.00pm	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	5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm				
6.30pm	Pole Level 1	Pole Dance	Pole Combos L1/2	Pole Level 3	Pole Level 1	Floor 102	Pole Level 4	Pole Level 5	Pole Play	Heels 101				
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	7.30pm - 8.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm				
7.30pm	Level 4 Pole	Floor 102	Flow 101	Pole Dance	Pole Play	Spin Pole Level 4/5	Pole Level 2	Stretch & Flex Extra	Combos 1/2 // Stretch & Flow	Training Time				
8.00pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.45pm	7.30pm - 8.30pm	7.30pm - 8.30pm				
8.30pm														
9.00pm														
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