

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 1	Training Time	Training Time	L3 Pole / Strength & Cond
10.00am											9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am (alternating)
10.30am	Pole Level 1	Training Time							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	10.30am - 11.30am	10.30am - 11.30am		
11.30am											Spin Pole Level 3/4	L2 Pole / Spin Pole Level 2/3		
12.00pm											11.30am - 12.30pm	11.30am - 12.30pm (alternating)		
12.30pm														
1.00pm														
1.30pm														
2.00pm														
2.30pm													Training Time	Pole Dance
3.00pm													2.30pm - 3.30pm	2.30pm - 3.30pm
3.30pm													Training Time	Stretch & Flex
4.00pm													3.30pm - 4.30pm	4.30pm - 5.30pm
4.30pm			Training Time	Training Time	Training Time	Floor 101	Pole Level 3	Training Time	Pole Combos L2/3	Pole Dance			Training Time	Pole Play
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	3.30pm - 4.30pm
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	6.30pm - 7.30pm	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	Pole Level 2	Pole Dance	Pole Play	Spin Pole Level 4/5	Pole Level 2	Stretch & Flex Extra	Pole Level 3	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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