	ALTITUDE POLE REDWOOD TIMETABLE													Altitude		
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
9.30am	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 Pole Level 1	The Summers Training Time	The Pole Haven Training Time	The Summers L3 Pole / Strength & Cond	9.30am	
10.00am											9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am	9.30am - 10.30am (alternating)	10.00am	
Pol 10.30am	le Level 1	Training Time							Pole Level 1	Training Time	Flow 101	Stretch & Flow			10.30am	
11.00am 10.3	0am - 11.30am	10.30am - 11.30am							10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am	10.30am - 11.30am			11.00am	
11.30am											Spin Pole Level 3/4	L2 Pole / Spin Pole Level 2/3			11.30am	
12.00pm											11.30am - 12.30pm	11.30am - 12.30pm (alternating)			12.00pm	
12.30pm															12.30pm	
1.00pm															1.00pm	
1.30pm															1.30pm	
2.00pm															2.00pm	
2.30pm													Training Time	Pole Dance	2.30pm	
3.00pm													2.30pm - 3.30pm	2.30pm - 3.30pm Stretch	3.00pm	
3.30pm													Training Time	& Flex	3.30pm	
4.00pm			Tasining Time	Taoinine Time	Training Time	Elece 101	Pole Level 3	Training Time	Pole Combos	Pole Dance			3.30pm - 4.30pm	4.30pm - 5.30pm	4.00pm	
4.30pm			Training Time	Training Time	Training Time	Floor 101	Pole Level 3	Training Time	L2/3	Pole Dance			Training Time	Pole Play	4.30pm	
5.00pm	le Level 2	Spin Pole Level	4.30pm - 5.30pm Pole Level 1	4.30pm - 5.30pm Stretch	4.30pm - 5.30pm Pole Level 2	4.30pm - 5.30pm Pole Level 4	4.30pm - 5.30pm Pole Level 1	4.30pm - 5.30pm Pole Combos	4.30pm - 5.30pm Pole Combos	4.30pm - 5.30pm Booty			4.30pm - 5.30pm	3.30pm - 4.30pm	5.00pm	
5.30pm		3/4		& Flex				L3/4	L4/5						5.30pm	
Pol	lpm - 6.30pm le Level 1	5.30pm - 6.30pm Pole Dance	5.30pm - 6.30pm Pole Combos	5.30pm - 6.30pm Pole Level 3	5.30pm - 6.30pm Pole Level 1	5.30pm - 6.30pm	5.30pm - 6.30pm Pole Level 4	5.30pm - 6.30pm Pole Level 5	5.30pm - 6.30pm Pole Play	5.30pm - 6.30pm Heels 101					6.00pm	
6.30pm		C 00 7 00	L1/2			Floor 102				6.30pm - 7.30pm					6.30pm	
7.00pm 6.30	vel 4 Pole	6.30pm - 7.30pm Floor 102	6.30pm - 7.30pm Pole Level 2	6.30pm - 7.30pm Pole Dance	6.30pm - 7.30pm Pole Play	6.30pm 7.30pm Spin Pole Level 4/5	6.30pm - 7.30pm Pole Level 2	6.30pm - 7.30pm Stretch & Flex Extra	6.30pm - 7.30pm Pole Level 3	Training Time					7.00pm	
8.00pm 7.30	ipm - 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					7.30pm	
8.30pm 9.00								7.50pm-6.45pm-							8.00pm 8.30pm	
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