

## ALTITUDE POLE TAKAPUNA TIMETABLE

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Summers	Barr	Summer	Barr	Summers	Barr	Summers	Barr	Summers	Barr	Summers	Barr	Summers	Barr	
9.30am					Chair flow	Training Time	Pole Level 1		Spin Pole Level 2		Aerial Fit	Training Time	Pole Level 1	Spin Pole Level 2	9.30am
10.00am					Kaena 9:30am-10:25am	9:30am-10:25am	Kaena 9:30am-10:25am		Lulu 9:30am-10:25am		Kathryn 9:30am-10:25am	9:30am-10:25am	Kaena 9:30am-10:25pm	Lulu 9:30am - 10:25am	10.00am
10.30am					Ballet Barre	Training Time	Stretch Mixed	Training Time	Beginner Flow	Training Time	Stretch Mixed	Training Time	Stretch Legs & Hips	Aerial Fit	10.30am
11.00am					Kaena 10:30am-11:25am	10:30am-11:25am	Kaena 10:30am-11:25am	10:30am-11:25am	Lulu 10:30am-11:25am	10:30am-11:25am	Kathryn 10:30am-11:25am	10:30am-11:25am	Kaena 12:30pm-1:25pm	Lulu 10:30am-11:25am	11.00am
11.30am					Pole Level 3		Pole Level 2	Training Time					Pole Play	Flow	11.30am
12.00pm					Kaena 11:30am-12:25pm		Kaena 11:30am-12:25pm	11:30am-12:25pm					Kriszti 11:30am-12:25pm	Maddy 11:30am-12:25pm	12.00pm
12.30pm													4/5 Combos	Pole Level 4	12.30pm
1.00pm													Kriszti 12:30pm-1:25pm	Maddy 12:30pm-1:25pm	1.00pm
1.30pm													Stretch Back & Shoulders	Spin Pole Level 4	1.30pm
2.00pm													Jenna 1:30pm-2:25pm	Maddy 1:30pm-2:25pm	2.00pm
2.30pm													Flow - Fortnightly	Monthly Focus	2.30pm
3.00pm													Michelle 2:30pm-3:25pm	Maddy 2:30pm-3:25pm	3.00pm
3.30pm															3.30pm
4.00pm															4.00pm
4.30pm	Chair flow	Training Time	Training Time	Pole Level 3	Pole Level 2	Training Time	Beginner Flow	Training Time	Pole Level 4	Training Time	Pole Level 1	Training Time			4.30pm
5.00pm	Kaena 4:30pm-5:25pm	4:30pm-5:25pm	4:30pm-5:25pm	Abbey 4:30pm-5:25pm	Sarah 4:30pm-5:25pm	4:30pm-5:25pm	Sam 4:30pm-5:25pm	4:30pm-5:25pm	Maddy 4:30pm-5:25pm	4:30pm-5:25pm	Sam 4:30pm-5:25pm	4:30pm-5:25pm			5.00pm
5.30pm	Spin Pole Level 2	Training Time	Spin Pole Level 4	Pole Level 2	Free Style Development	Pole Level 1	Pole Level 4	Pole Level 3	Ballet Barre	3/4 Combos	Spin Pole Level 3	Spin Pole Level 2			5.30pm
6.00pm	Kaena 5:30pm-6:25pm	5:30PM-6:30PM	Sam 5:30pm-6:25pm	Amy 5:30pm-6:25pm	Amy 5:30pm-7:25pm	Sarah 5:30pm-6:25pm	Kristine 5:30pm-6:25pm	Sam 5:30pm-6:25pm	Kaena 5:30pm-6:25pm	Maddy 5:30pm-6:25pm	Kriszti 5:30pm-6:25pm	Sam 5:30pm-6:25pm			6.00pm
6.30pm			Pole Level 4	Pole Level 5	Flow	Stretch Legs & Hips	Pole Level 5	Aerial Yoga	Flow	Aerial Fit	Pole Play	Aerial Yoga			6.30pm
7.00pm			Sam 6:30pm - 7:25pm	Amy 6:30pm-7:25pm	Mel 6:30pm-7:25pm	Amy 6:30pm-7:25pm	Kristine 6:30pm-7:25pm	Sam 6:30pm-7:25pm	Kaena 6:30pm-7:25pm	Michaela 6:30pm-7:25pm	Kriszti 6:30pm-7:25pm	Sam 6:30pm-7:25pm			7.00pm
7.30pm			Pole Level 1	Stretch Mixed	Pole Level 3	Pole Level 5	Flow	Pole Level 2	Pole Level 1	Training Time					7.30pm
8.00pm			Sole 7:30pm-8:25pm	Sam 7:30pm-8:25pm	Crystal 7:30pm-8:25pm	Koko 7:30pm-8:25pm	Kaena 7:30pm-8:25pm	Jo 7:30pm-8:25pm	Kaena 7:30pm-8:25pm	8:30PM-9:30PM					8.00pm