

ALTITUDE POLE ALBANY TIMETABLE



		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory	The Parlour	The Conservatory
9.30am		Pole Level 2				Pole Level 1/2 Combo	Training Time							Pole Level 5	Pole Level 1
	9.30am	Lizzie 9:30am				Simie 9:30am	9.30am							Claire 9:30am	Amy R 9.30am
10.00am		Training Time	Strength & Conditioning			Flow	Training Time			Pole Level 1	Training Time			Level 2 Claire	Strech & Flex
	10.00am		Lizzie 10:30am			Simie 10:30am	9.30am			Simie 10:30am	10:30 AM			10:30 AM	Simie 10:30am
11.00am		Flow								Training Time	Stretch & Flex Simie			Pole Level 3	1/2 combos
	11.00am	Lizzie 11:30am								11:30 AM	11:30 AM			Claire 11.30am	Simie 11.30am
12.00pm														Flow Claire	Training Time
	12.00pm													Claire 12.30pm	11:30 AM
12.30pm															
1.00pm															
1.30pm															
2.00pm															
2.30pm															
3.00pm															
3.30pm															
4.00pm															
4.30pm				Level 4	Training Time	Pole Level 1	Training Time	Beginner Flow	Training time	4/5 combos	Training Time	Level 1 Spin	Training Time		
	4.30pm			Megan 4:30pm	4:30 PM	Hazel 4:30:00 PM	4:30 PM	4:30 PM	4:30 PM	Rosie 4:30pm	4:30 PM	Nikita 4:30pm	4:30 PM		
5.00pm				Pole level 1	Stretch & Flex	Pole Level 2	Stretch & Flex	Flow	Intro to Pole	Pole Level 4	Pole Play	Pole Level 2	Pole Level 1		
	5.00pm			Hazel 5:30pm	Megan 5:30pm	Hazel 5:30:00 PM	Kaena 5:30pm	Amber 5:30pm	Rosie 5:30pm	Megan 5:30pm	Rosie 5:30pm	Rosie 5:30pm	Nikita 5:30pm		
6.00pm				Pole Level 3	Pole Level 2	Flow	2/3 Combos	Pole Level 4	Stretch & Flex	Pole level 1	Strength & Conditioning	Pole Play	Stretch & Flex		
	6.00pm			Megan 6.30pm	Izelle 6:30pm	Kaena 6:30pm	Amber 6:30pm	Rosie 6:30pm	Claire 6:30pm	Amy W 6:30pm	Megan 6:30pm	Rosie 6:30pm	Ave 6.30pm		
7.00pm				Training Time	Pole Level 1	Intermediate Spin	Level 2 Spin	Level 3	Level 2	Beginner Flow	Pole Level 3				
	7.00pm			7.30pm	Izelle 7:30pm	Amber 7:30pm	Kaena 7:30pm	Claire 7.30pm	Rosie 7:30pm	Megan 7:30pm	Amy W 7:30pm				
8.00pm															
8.30pm															
9.00pm															
9.30pm															