

# 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		<b>Pole Level 2</b>				<b>Pole Level 1/2 Combo</b>	<b>Training Time</b>							<b>Pole Level 5</b>	<b>Pole Level 1</b>
	10.00am	Ave 9:30am				Simie 9:30am	9.30am							Claire 9:30am	Amy R 9.30am
10.30am		<b>Training Time</b>	<b>Strength &amp; Conditioning</b>			<b>Flow</b>	<b>Training Time</b>			<b>Flow</b>	<b>Pole Level 1</b>	<b>Training Time</b>		<b>Level 2 Claire</b>	<b>Strech &amp; Flex</b>
	11.00am	10.30am	Ave 10:30am			Simie 10:30am	9.30am			Madeleine 10.30am	Simie 10:30am	10:30 AM		10:30 AM	Simie 10:30am
11.30am		<b>Flow</b>						<b>Training Time</b>		<b>Handstands</b>	<b>Training Time</b>	<b>Stretch &amp; Flex Simie</b>		<b>Pole Level 3</b>	<b>1/2 combos</b>
	12.00pm	Ave 11:30am						11:30 AM		Madeleine 11.30am	11:30 AM	11:30 AM		Claire 11.30am	Simie 11.30am
12.30pm														<b>Flow</b>	<b>Training Time</b>
	1.00pm													Claire 12.30pm	11:30 AM
1.30pm															
2.00pm															
2.30pm															
3.00pm															
3.30pm															
4.00pm															
4.30pm				<b>Level 4</b>	<b>Training Time</b>	<b>Pole Level 1</b>	<b>Training Time</b>	<b>Beginner Flow</b>	<b>Training time</b>	<b>Advanced Pole play</b>	<b>Training Time</b>	<b>Level 1 Spin</b>	<b>Training Time</b>		
	5.00pm			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	Naomi 4:30pm	4:30 PM		
5.30pm				<b>Pole level 1</b>	<b>Stretch &amp; Flex</b>	<b>Pole Level 2</b>	<b>Stretch &amp; Flex</b>	<b>Flow</b>	<b>Intro to Pole</b>	<b>Pole Level 4</b>	<b>Pole Play</b>	<b>Pole Level 2</b>	<b>Pole Level 1</b>		
	6.00pm			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	Naomi 5:30pm		
6.30pm				<b>Pole Level 3</b>	<b>Pole Level 2</b>	<b>Flow</b>	<b>Level 1 Spin</b>	<b>Pole Level 4</b>	<b>Stretch &amp; Flex</b>	<b>Pole level 1</b>	<b>Strength &amp; Conditioning</b>	<b>Pole Play</b>	<b>Stretch &amp; Flex</b>		
	7.00pm			Megan 6.30pm	Izelle 6:30pm	Kaena 6:30pm	Amber 6:30pm	Rosie 6:30pm	Ceara 6:30pm	Amy W 6:30pm	Megan 6:30pm	Rosie 6:30pm	Ave 6.30pm		
7.30pm				<b>Training Time</b>	<b>Pole Level 1</b>	<b>Level 3 Spin</b>	<b>Level 2 Spin</b>	<b>Level 3</b>	<b>Level 2</b>	<b>Beginner Flow</b>	<b>Pole Level 2</b>				
	8.00pm			7.30pm	Izelle 7:30pm	Amber 7:30pm	Kaena 7:30pm	Ceara 7.30pm	Rosie 7:30pm	Megan 7:30pm	Amy W 7:30pm				
8.30pm															
9.00pm															
9.30pm															