

# ALTITUDE POLE STUDIO TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	
9.30am															9.30am
10.00am															10.00am
10.30am															10.30am
11.00am															11.00am
11.30am										10:30am - 11:30am	10:30am - 11:30am				11.30am
12.00pm												Training Time	Training Time		12.00pm
12.30pm												11.30am-12.30pm	11.30am-12.30pm		12.30pm
1.00pm												Training Time	Training Time		1.00pm
1.30pm												12.30pm-1.30pm	12.30pm-1.30pm		1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm															3.00pm
3.30pm															3.30pm
4.00pm															
4.30pm															
5.00pm			Training Time	Training Time	Training Time	Training Time	Pole Level 1	Training Time	Training Time	Training Time	Aerial Youth Beginner				
5.30pm							4:30pm - 5:30pm				3:30pm - 4:20pm				
6.00pm			Training Time	Silks Level 1	Training Time	Hoop Level 1	Stretch & Flex	Hoop Level 2+	Pole Level 2/3	Silks Level 2+				Pole Level 1	Silks Level 1
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
7.00pm	Pole Level 2	Hoop Level 1	Pole Level 1	Silks Level 2+	Pole Level 4	Training Time	Floorplay & Flow	Training Time	Training Time	Aerial Conditioning				Stretch & Flex	Training Time
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	
8.00pm	Pole Level 3	Training Time	Training Time	Hoop Level 2	Pole Level 1	Training Time	Pole Level 2	Silks Level 1							
8.30pm	7:30pm - 8:30pm			7:30pm - 8:30pm	7:30pm - 8:30pm		7:30pm - 8:30pm	7:30pm - 8:30pm							
9.00pm															
9.30pm															
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