ALTITUDE POLE **ONEHUNGA TIMETABLE**

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	The Garden	The Gallery	
9:00 AM											Pole Level 1	Pole Level 2			9:00 AM
											Kate 9:00am - 10:00am	Georgia 9:00am - 10:00am			
9:30 AM		Pole									Beginner Pole				9:30 AM
10:00 AM	Training Time	Level 1	Pole Level 2	Training Time					Training Time	Pole Level 1	Flow	Pole Level 3			10:00 AM
10:30 AM		Lulu 10:00am - 11:00am	Lulu 10:00am - 11:00pm							Kaena 10:00am - 11:00am	Kate 10:00am - 11:00am	Karolien 10:00am - 11:00am			10:30 AM
11:00 AM	Training Time	Aerial Fit	Strength and Conditioning	Training Time					Training Time	Stretch	Pole Play	Training Time			11:00 AM
11:30 AM		Lulu 11:00am - 12:00pm	Lulu 11:00am - 12:00am							Kaena 11:00am - 12:00pm	Karolien 11:00am - 12:00pm				11:30 AM
12:00 PM	Training Time	Pole Level 3							Training Time	Pole Flow					12:00 PM
		Lulu 12:00am - 1:00pm								Kaena 12:00pm - 1:00pm					
12:30 PM		12.00am - 1.00pm -								12.00pm-					12:30 PM
1:00 PM															1:00 PM
1:30 PM															1:30 PM
2:00 PM															2:00 PM
2:30 PM															2:30 PM
3:00 PM															3:00 PM
3:30 PM															3:30 PM
4:00 PM	Pole Level 1	Training Time											Pole Level 2	Pole Level 1	4:00 PM
	Emma P 4:00pm - 5:00pm												Ashlee 4:00pm - 5:00pm	Laura 4:00pm - 5:00pm	4:30 PM
	Pole Level 3	Stripper Spin	Pole Level 1	Spin Pole Level	Pole Level 1	Pole Level 2	Spin Pole Level 3/4	Active Flex	Pole Play	Training Time			Pole Play	Stretch	
			Emma P 5:00pm - 6:00pm	Pip		Cass 5:00pm - 6:00pm	Simie	Ali	Emma C 5:00pm - 6:00pm	Training Time					5:00 PM
5:30 PM	Jess 5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	Amy W 5:00pm - 6:00pm Level 2/3	5:00pm - 6:00pm Spin Pole Level	5:00pm - 6:00pm	5:00pm - 6:00pm	5:00pm - 6:00pm	Level 4/5			Ashlee 5:00pm - 6:00pm	Laura 5:00pm - 6:00pm	5:30 PM
6:00 PM	Pole Flow	Stretch	Pole Level 2	Stretch	Combos	1/2	Pole Level 5	Pole Level 4	Pole Level 1	Combos					6:00 PM
6:30 PM	Jess 6:00pm - 7:00pm	Maddie 6:00pm - 7:00pm	Simie 6:00pm - 7:00pm	Amy 6:00pm - 7:00pm	Amy W 6:00pm - 7:00pm	Cass 6:00pm - 7:00pm	Ali 6:00pm - 7:00pm	Simie 6:00pm - 7:00pm	Shelby 6:00pm - 7:00pm	Emma C 6:00pm - 7:00pm					6:30 PM
7:00 PM	Pole Level 5	Level 3/4 Combos	Pole Level 3	Pole Level 4	Int Heels Flow	Level 3/4 Combos	Heels Flow	Strength and Conditioning	Stretch	Level 1/2 Combos					7:00 PM
7:30 PM	Maddie 7:00pm - 8:00pm	Jenny 7:00pm - 8:00pm	Simie 7.00pm - 8:00pm	Amy 7:00pm - 8:00pm	Laura F 7:00pm - 8:00pm	Maggie 7:00pm - 8:00pm	Maddie 7:00pm - 8:00pm	Jane 7:00pm - 8:00pm	Shelby 7:00pm - 8:00pm	Emma C 7:00pm - 8:00pm					7:30 PM
	Training Time	Aerial Yoga	Heels Flow	Training Time	Training Time	Stretch	Pole Level 1	Pole Level 2							8:00 PM
8:30 PM		Jenny 8:00pm - 9:00pm	Simie 8:00pm - 9:00pm			Maggie 8:00pm - 9:00pm	Georgia 8:00pm - 9:00pm	Jane 8:00pm - 9:00pm							8:30 PM
9:00 PM															9:00 PM