## 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	Pole Level 2	Pole Play	9:00 AM
9:30 AM											Kate 9:00am - 10:00am	Georgia 9:00am - 10:00am	Laura T 9:00am - 10:00am	Ashlee 9:00am - 10:00am	9:30 AM
	T :: T	Pole	D. I. I I O	T. 1.1. T					T T	Puls Louis	Beginner Pole Flow			Spin Pole	
10:00 AM	Training Time	Level 1	Pole Level 2	Training Time					Training Time	Pole Level 1		Pole Level 3	Stretch	Level 3/4	10:00 AM
10:30 AM		10:00am - 11:00am	Lulu 10:00am - 11:00pm Strength and							Kaena 10:00am - 11:00am	Kate 10:00am - 11:00am	Cass 10:00am - 11:00am	Laura 10:00am - 11:00am	10:00am - 11:00am	10:30 AM
11:00 AM	Training Time	Aerial Fit	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	Cass 11:00am - 12:00pm		ļ		11:30 AM
12:00 PM	Training Time	Pole Level 3							Training Time	Pole Flow					12:00 PM
12:30 PM		Lulu 12:00am - 1:00pm								Kaena 12:00pm - 1:00pm					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													4:00 PM
4:30 PM	Emma P 4:00pm - 5:00pm														4:30 PM
	Pole Level 3	Stripper Spin	Pole Level 1	Spin Pole Level 1/2	Pole Level 1	Pole Level 2	Spin Pole Level 3/4	Active Flex							5:00 PM
	Jess 5:00pm - 6:00pm	5:00pm - 6:00pm	Emma P 5:00pm - 6:00pm	Pip 5:00pm - 6:00pm	Amy W 5:00pm - 6:00pm	Cass 5:00pm - 6:00pm	Simie 5:00pm - 6:00pm	Ali 5:00pm - 6:00pm							5:30 PM
					Level 2/3	Spin Pole Level			Dolo Level 1	Dala Dlay					
	Pole Flow Jess	Stretch Maddie 6:00pm - 7:00pm	Pole Level 2 Simie	Stretch <sub>Amy</sub>	Combos Amy W	1/2 Cass	Pole Level 5	Pole Level 4 Simie 6:00pm - 7:00pm	Pole Level 1 Shelby 6:00pm - 7:00pm	Pole Play Emma C 6:00pm - 7:00pm					6:00 PM
6:30 PM	6:00pm - 7:00pm	6:00pm - 7:00pm Level 3/4	Simie 6:00pm - 7:00pm	Amy 6:00pm - 7:00pm	Amy W 6:00pm - 7:00pm	6:00pm - 7:00pm	6:00pm - 7:00pm	6:00pm - 7:00pm  Strength and	6:00pm - 7:00pm	6:00pm - 7:00pm Level 1/2					6:30 PM
	Pole Level 5	Combos	Pole Level 3	Pole Level 4	Int Heels Flow	Stretch	Heels Flow	Conditioning	Stretch	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
8:00 PM	Training Time	Aerial Yoga	Heels Flow	Training Time	Training Time	Level 4/5 Combos	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
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