

# ALTITUDE POLE DRURY TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room	Lux Pole Room	Amber Ray Room
9.00am														
9.30am														
10.00am								<b>Pole Level 1</b>	<b>Training Time</b>			<b>Pole Level 3 Combos</b>	<b>Pole Level 1 Combos</b>	
10.30am								10:00am - 11:00am	10:00am - 11:00am			10:00am-11:00am	10:00am-11:00am	
11.00am			<b>Pole Level 1</b>	<b>Training Time</b>	<b>Pole Level 1</b>		<b>Tone &amp; Conditioning</b>					<b>Pole Level 2</b>	<b>Floor Flow &amp; Basework</b>	
11.30am			11:00am - 12:00pm	10:00am - 11:00am	11:00am - 12:00pm		11:00am - 12:00pm					11:00am - 12:00pm	11:00am - 12:00pm	
12.00pm			<b>Stretch &amp; Flex</b>		<b>Beginner Pole Flow</b>	<b>Training Time</b>								
12.30pm			1:00pm - 2:00pm		12:00pm - 1:00pm	12:00pm - 1:00pm								
1.00pm														
1.30pm														
2.00pm														
2.30pm														
3.00pm														
3.30pm														
4.00pm														
4.30pm														
5.00pm														
5.30pm	<b>Pole Level 2</b>	<b>Beginner Hand Balance</b>	<b>Pole Level 3</b>	<b>Tone and Condition</b>	<b>Training Time</b>	<b>Stretch and Flex</b>	<b>Pole Level 1</b>	<b>Training Time</b>						
6.00pm	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						
6.30pm	<b>Pole Level 1</b>	<b>Advanced Hand Balance</b>	<b>Pole Level 2</b>	<b>Pole Level 4</b>	<b>Beginner Pole Flow</b>	<b>Pole Level 4/5 Combos</b>	<b>Intermediate Spin Pole</b>	<b>Pole Level 2</b>		<b>Flow Jazz/ contemporary</b>				
7.00pm	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	6:30pm - 7:30pm		6:30pm - 7:30pm				
7.30pm	<b>Pole &amp; Chair Flow</b>	<b>Pole Level 4</b>	<b>Pole Level 1</b>	<b>Training Time</b>	<b>Pole Level 1</b>	<b>Pole Level 3</b>	<b>Seductive Pole Flow</b>	<b>Beginner Spin Pole</b>		<b>Stretch &amp; Flex</b>				
8.00pm	7:30pm - 8:30pm	7:30pm-8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm-8:30pm		7:30pm - 8:30pm				
8.30pm														
9.00pm														