

ALTITUDE POLE WHANGAREI TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter
9.00am											Pole Level 1	
9.30am											9.00am - 10.00am Fortnightly	
10.00am							Pole Level 3		Pole Level 1		Pole Play	
10.30am							10.00am - 11.00am		10.00am - 11.00am		10.00am - 11.00am	
11.00am							Pole Level 2			Stretch & Flex		
11.30am							11.00am - 12.00pm			11.00am - 12.00pm		
12.00pm									Open Training			
12.30pm									12.00pm - 1.00pm			
1.00pm									Open Training			
1.30pm									1.00pm - 2.00pm			
2.00pm												
2.30pm												
3.00pm												
3.30pm												
4.00pm												
4.30pm	Level 2		Level 1/2 Combos									
5.00pm	4.30pm - 5.30pm		4.30pm-5.30pm									
5.30pm	Pole Level 4		Pre-Int Spin Pole		Pole Level 2	Stretch & Flex	Pole Level 3		Pole Level 1			
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			
6.30pm	Level 3/4 Combos	Chair Dance	Beginner Spin Pole		Pole Flow Int & Beg		Level 2/3 Combos		Pole Flow Int & Beg			
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm Alternating		6.30pm - 7.30pm		6.30pm - 7.30pm Alternating			
7.30pm	Beginner Spin Pole		Pole Level 2		Pole Level 1							
8.00pm	7.30pm - 8.30pm		7.30pm - 8.30pm		7.30pm - 8.30pm							
8.30pm												
9.00pm												