

# 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					Open Training				Pole Level 1 ★		Pole Level 1 ★	
9.30am					9am - 10am							
10.00am							Level 2 Combos			Yoga Based Strength & Flexibility ★	Pole Play ☆	
10.30am							10.00am - 11.00am			10.00am - 11.00Am		
11.00am							Level 3		Open Training			
11.30am									11am-12pm			
12.00pm									Open Training			
12.30pm									12pm - 1pm			
1.00pm												
1.30pm												
2.00pm										Open Training		
2.30pm										2pm - 3pm		
3.00pm										Open Training		
3.30pm										3pm - 4pm		
4.00pm												
4.30pm	Level 2		Level 1/2 Combos		Pole Level 1 ★							
5.00pm	4.30pm - 5.30pm		4.30pm-5.30pm		7.30pm - 8.30pm							
5.30pm	Pole Level 4		Spin Pole Level 2		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	Intermediate Basework	Stretch & Flex ★	Pole Level 2		Pole Flow Int & Beg		Level 2/3 Combos		Spin Pole Level 1			
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 ☆			
7.30pm	Spin Pole Level 1		Spin Pole Level 1				Pole Level 1 ★		Pole Flow Int			
8.00pm	7.30pm - 8.30pm ☆		7.30pm - 8.30pm ☆				7.30pm - 8.30pm		6.30pm - 7.30pm Monthly			
8.30pm												
9.00pm												

★ Perfect place to start your pole journey

[altitudepole.co.nz](http://altitudepole.co.nz)

☆ All Level Class - Some experience helps