

# 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				Level 1 Pole ★		Level 1 Pole ★	
9.30am					9am - 10am				Lee 9.00am - 10.00am		Lee/Neisha 9.00am - 10.00am	
10.00am							Level 2 Combos			Yoga - Strength & Flexibility ★	Pole Play ☆	
10.30am							Dani 10.00am - 11.00am			Saphire 10.00am - 11.00Am	Rotating 10.00am - 11.00am	
11.00am							Level 3 Pole		Open Training			
11.30am							Dani 11.00am - 12.00pm		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 Pole		Level 3 Pole		Level 1 Pole	Stretch & Flex ★						
5.00pm	Abby 4.30pm - 5.30pm		Abby 4.30pm - 5.30pm		Alice 4.30pm - 5.30pm ★	Shannon 4.30pm - 5.30pm						
5.30pm	Level 4 Pole		Spin Pole Level 2		Beg/Inter Pole Flow ☆		Level 3 Pole		Level 1 Pole ★			
6.00pm	Courtney 5.30pm - 6.30pm		Abby 5.30pm - 6.30pm		Courtney/Shannon 5.30pm - 6.30pm Rotating		Rhianna 5.30pm - 6.30pm		Neisha 5.30pm - 6.30pm			
6.30pm	Intermediate Basework	Stretch & Flex ★	Level 2 Pole	Yoga - Mobility & Flexibility ★			Level 2/3 Combos		Spin Pole Level 1			
7.00pm	Courtney 6.30pm - 7.30pm	Lee 6.30pm - 7.30pm	Taylah 6.30pm - 7.30pm	Saphire 6.30pm - 7.30pm ★			Rhianna 6.30pm - 7.30pm		Neisha 6.30pm - 7.30pm ☆			
7.30pm	Spin Pole Level 1		Spin Pole Level 1				Level 1 Pole		Intermediate Pole Flow			
8.00pm	Lee 7.30pm - 8.30pm ☆		Taylah 7.30pm - 8.30pm ☆				Alice 7.30pm - 8.30pm ★		Dani 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