

## 2025 ALTITUDE POLE PALMERSTON NORTH TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
The Palace	The Oasis	The Palace	The Oasis	The Palace	The Oasis	The Palace	The Oasis	The Palace	The Oasis	The Palace	The Oasis	The Palace	The Oasis
										<b>Pole Level 3</b> 10.00am	Training Time 10.00am		
										<b>Flex</b> 11.00am	Training Time 11.00am		
						Beginner Flow 12.00pm	Training Time 12.00pm	Pole Levels 1+2 12.00pm	Training Time 12.00pm				
												<b>3/4 Combos</b> 2.00pm	Training Time 2.00pm
												Performer Training* 3.00pm	
												<b>Flex</b> 4.00pm	Training Time 4.00pm
						Pole Level 4 5.00pm	Training Time 5.00pm	Pole Level 1 5.00pm	Training Time 5.00pm				Pole Level 5 5.00pm
<b>4/5 Combos</b> 6.00pm	Training Time 6.00pm	Pole Level 2 6.00pm	Pole Level 4 6.00pm	Pole Level 1 6.00pm	Pole Level 3 6.00pm		<b>Acro</b> 6.00pm	<b>Pole Flow</b> 6.00pm	Training Time 6.00pm				
Pole Level 3 7.00pm	<b>Inter Flex</b> 7.00pm	Pole Level 1 7.00pm	<b>Flex</b> 7.00pm		Pole Level 2 7.00pm	Pole Level 1 7.00pm	Training Time 7.00pm	<b>Pole Level 5</b> 7.00pm	<b>Training Time</b> 7.00pm				
	Training Time 8.00pm	<b>Floorplay</b> 8.00pm	Training Time 8.00pm	<b>Beginner</b> Flow 8.00pm	Training Time 8.00pm	Pole Level 2 8.00pm	<b>Flex</b> 8.00pm						