

## 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
						Pole Flow 12.00pm	Training Time	Pole Levels 1+2 12.00pm	Training Time 12.00pm	Pole Level 1 10.00am  Flex 11.00am  Pole Level 3 12.00pm	10.00am  Training Time  11.00am		
												<b>3/4 Combos</b> <i>3.00pm</i>	Training Time 3.00pm
													Training Time 4.00pm
						Pole Level 4 5.00pm	Training Time 5.00pm	Pole Level 1 5.00pm	Training Time				Pole Level 5 5.00pm
<b>4/5 Combos</b> 6.00pm	Pole Level 1 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	Inter Flow 6.00pm	Training Time 6.00pm				
Pole Level 3 7.00pm	Inter Flex 7.00pm	Pole Level 1 7.00pm	Flex 7.00pm	Pole Level 4 7.00pm	Pole Level 2 7.00pm	Pole Level 1 7.00pm	Training Time 7.00pm	Pole Level 5 7.00pm	Training Time 7.00pm				
	Training Time 8.00pm	Floorplay 8.00pm	Training Time 8.00pm		Training Time 8.00pm	Pole Level 2 8.00pm	Flex 8.00pm						