

2025 ALTITUDE POLE WHANGANUI TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Pole Level 2 + 3 11:00 AM	
						Pole Play 3:00 PM
						Beginner Pole Flow 4:00 PM
Bend & Mend 5:00 PM	Pole 1/2 Combos 5:00 PM	Pole Level 1 5:00 PM				Flex 5:00 PM
Pole Level 1 6:00 PM	Acro 6:00 PM	Pole Level 2 6:00 PM	Pole Level 1 6:00 PM	Barre 6:00 PM		
Pole Level 4 + 5 7:00 PM	Pole Level 3 7:00 PM	Inter Pole Flow 7:00 PM	Flex 7:00 PM	Beginner Pole Flow 7.00pm		
		Pole Level 4 + 5 8:00 PM				