Altitude Pole & Fitness

2026 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				
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		**Inter Pole Flow** 7:00 PM	**Flex** 7:00 PM	**Beginner Pole Flow** 7.00pm		
Pole Level 3 8:00 PM		**Pole Level 4 + 5** 8:00 PM	**Pole 3/4 Combos** 8:00 PM			