ALTITUDE POLE **PALMERSTON NORTH TIMETABLE**

Altitude Pole & Fitness

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	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*	
9.00am													**Pole Level 1** 9.00am - 9.55am	**Training Time** 9.00am - 9.55am	*9.00am*
9.30am															*9.30am*
10.00am													**Pole Level 3** 10.00am - 10.55am	**Conditioning** 10.00am - 10.55am	*10.00am*
10.30am															*10.30am*
11.00am							**Pole Level 1** 11.00am - 11.55am	**Training Time** 11.00am - 11.55am	**Beginner Pole Flow** 11.00am - 11.55am	**Training Time** 11.00am - 11.55am			**Pole Flow** 11.00am - 11.55am	**Training Time** 11.00am - 11.55am	*11.00am*
11.30am															*11.30am*
12.00pm							**Flex** 12.00pm - 12.55pm	**Training Time** 12.00pm - 12.55pm					**Mobility** 12.00pm - 12.55pm	**Training Time** 12.00pm - 12.55pm	*12.00pm*
12.30pm															*12.30pm*
1.00pm															*1.00pm*
1.30pm															*1.30pm*
2.00pm															*2.00pm*
2.30pm															*2.30pm*
3.00pm	**Pole Level 5** 3.00pm - 3.55pm	**Training Time** 3.00pm - 3.55pm													*3.00pm*
3.30pm															*3.30pm*
4.00pm	**Flex** 4.00pm - 4.55pm	**Training Time** 4.00pm - 4.55pm													*4.00pm*
4.30pm															*4.30pm*
5.00pm	**Pole Level 1** 5.00pm - 5.55pm	**Training Time** 5.00pm - 5.55pm	**Pole Level 1** 5.00pm - 5.55pm	**Pole Level 4** 5.00pm - 5.55pm			**Pole Level 1** 5.00pm - 5.55pm	**Training Time** 5.00pm - 5.55pm	**Pole Level 3** 5.00pm - 5.55pm	**Pole Level 2** 5.00pm - 5.55pm	**Pole Level 1** 5.00pm - 5.55pm	**Training Time** 5.00pm - 5.55pm			*5.00pm*
5.30pm															*5.30pm*
6.00pm			**Pole Level 2** 6.00pm - 6.55pm	**Intermediate Flex** 6.00pm - 6.55pm	**Pole Level 2/3 Combos** 6.00pm - 6.55pm	**Training Time** 6.00pm - 6.55pm	**Pole Level 3** 6.00pm - 6.55pm	**Flex** 6.00pm - 6.55pm	**Pole Level 1** 6.00pm - 6.55pm	**Acro** 6.00pm - 6.55pm	**Pole Level 2** 6.00pm - 6.55pm	**Training Time** 6.00pm - 6.55pm			*6.00pm*
6.30pm															*6.30pm*
7.00pm			**Pole Level 3** 7.00pm - 7.55pm	**Training Time** 7.00pm - 7.55pm	**Pole Level 1** 7.00pm - 7.55pm	**Flex** 7.00pm - 7.55pm	**Pole Level 2** 7.00pm - 7.55pm	**Pole Level 4** 7.00pm - 7.55pm	**Pole Level 4** 7.00pm - 7.55pm	**Flex** 7.00pm - 7.55pm	**Pole Flow** 7.00pm - 7.55pm	**Training Time** 7.00pm - 7.55pm			*7.00pm*
7.30pm															*7.30pm*
8.00pm			**Pole Level 5** 8.00pm - 8.55pm	**Training Time** 8.00pm - 8.55pm	**Floorplay** 8.00pm - 8.55pm	**Training Time** 8.00pm - 8.55pm	**Beginner Pole Flow** 8.00pm - 8.55pm	**Pole Level 1** 8.00pm - 8.55pm							*8.00pm*
8.30pm															*8.30pm*
9.00pm															*9.00pm*
9.30pm															*9.30pm*
10.00pm															*10.00pm*

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