

ALTITUDE POLE WHANGAREI TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter
9.00am											Beginner Spin Pole	
9.30am											9.30am - 10.00am Fortnightly	
10.00am			Open Training Time						Pole Level 1		Pole Play	
10.30am			10.00am - 11.00am						10.00am - 11.00am		10.00am - 11.00am	
11.00am			Pole Level 2							Stretch & Flex		
11.30am			11.00am - 12.00pm							11.00am - 12.00pm		
12.00pm												
12.30pm												
1.00pm												
1.30pm												
2.00pm												
2.30pm												
3.00pm												
3.30pm												
4.00pm												
4.30pm								Beginner Spin Pole				
5.00pm								4.30pm - 5.30pm				
5.30pm	Pole Level 3		Pre-Int Spin Pole		Pole Level 1	Stretch & Flex	Pole Level 4			Pole Level 1		
6.00pm	5.30pm - 6.30pm		5.30pm - 6.30pm		5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm			5.30pm - 6.30pm		
6.30pm	Level 2/3 Combos	Chair Dance	Beginner Spin Pole		Pole Flow	Hand Balance	Level 3/4 Combos			Pole Level 2		
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm			6.30pm - 7.30pm		
7.30pm	Beginner Spin Pole		Pole Level 1		Pole Level 2		Pre-Int Spin Pole			Pole Flow		
8.00pm	7.30pm - 8.30pm		7.30pm - 8.30pm		7.30pm - 8.30pm		7.30pm - 8.30pm			7.30pm - 8.30pm		
8.30pm												
9.00pm												