

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 | | | | | | | | | | | | |
| 5.00pm | | | | | | | | | | | | |
| 5.30pm | Pole Level 3 | | Pre-Int Spin Pole | | Pole Level 2 | 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 1 | | 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 | | | | | | | | | | | | |