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	
9.30am														
10.00am													**Conditioning** 10.00am - 10.55am	
10.30am														
11.00am			**Pole Level 2** 11.00am - 11.55am				**Pole Level 1** 11.00am - 11.55am		**Beginner Pole Flow** 11.00am - 11.55am				**Pole Flow** 11.00am - 11.55am	
11.30am														
12.00pm			**Pole Level 1** 12.00pm - 12.55pm				**Flex** 12.00pm - 12.55pm						**Pole Level 2** 12.00pm - 12.55pm	**Mobility** 12.00pm - 12.55pm
12.30pm														
1.00pm													**Flex** 1.00pm - 1.55pm	
1.30pm														
2.00pm														
2.30pm														
3.00pm		**Pole Level 5** 3.00pm - 3.55pm												
3.30pm														
4.00pm		**Flex** 4.00pm - 4.55pm												
4.30pm														
5.00pm	**Pole Level 1** 5.00pm - 5.55pm	**Pole Level 3/4 Combos** 5.00pm - 5.55pm	**Pole Level 1** 5.00pm - 5.55pm	**Pole Level 4** 5.00pm - 5.55pm	**Intermediate Pole Flow** 5.00pm - 5.55pm		**Pole Level 1** 5.00pm - 5.55pm	**Pole Level 5** 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			
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	**Conditioning** 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			
6.30pm														
7.00pm			**Pole Level 3** 7.00pm - 7.55pm	**Acro** 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	**Flex** 7.00pm - 7.55pm	**Pole Level 4** 7.00pm - 7.55pm	**Pole Flow** 7.00pm - 7.55pm			
7.30pm														
8.00pm						**Floorplay** 8.00pm - 8.55pm	**Beginner Pole Flow** 8.00pm - 8.55pm	**Pole Level 1** 8.00pm - 8.55pm						
8.30pm														
9.00pm														
9.30pm														
10.00pm														

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