

ALTITUDE POLE WHANGANUI TIMETABLE



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