ALTITUDE POLE **ONEHUNGA TIMETABLE** Altitude Monday Tuesday Wednesday Thursday Friday Saturday Sunday The Garden The Garden The Garden The Gallery The Garden The Gallery The Gallery The Garden The Gallery The Garden The Gallery The Gallery The Garden The Gallery Pole Level 1 Pole Level 2 Kate 9:00am - 10:00am Cass 9:00am - 10:00am Beginner Pole Flow Pole raining Time Training Time Pole Level 2 Stretch Pole Level 3 Level 1 Lulu 10:00am - 11:00am Karolien 10:00am - 11:00am Kaena 10:00am - 11:00am Lulu 10:00am - 11:00pm Strength and Conditioning Pole Level 1 Aerial Fit Pole Play Training Time 11:00 AM Kaena 11:00am - 12:00pm Karolien 11:00am - 12:00pm 11:00am - 12:00pm Pole Level 3 12:00 PM Lulu 12:00am - 1:00pm 1:30 PM 2:00 PM Training Time Training Time Pole Level 1 Pole Level 1 Pole Level 2 Pole Level 1 Laura 4:00pm - 5:00pm Jaz 4:00pm - 5:00pm Jaz 4:30 PM 4:00pm - 5:00pm Pole 3/4 Combos Training Time Pole Level 1 Pole Level 4 Pole Level 3 Stretch Aerial Yoga Pole Play 5:00 PM Level 2 5:00 PM Maggie 5:00pm - 6:00pm 5:30 PM Pole Level 1 Spin Pole Play Pole 3/4 Combos **Heels Flow** Pole 2/3 Combos Pole Level 1 Pole 4/5 Combos Heels Flow Pole Level 5 Pole Pole Spin Pole Level 4 Pole 2/3 Combos Stretch Stretch Pole Level 1 Pole Level 2 Level 4 Pole 1/2 Combos Level 4/5 Simie 7.00pm - 8:00pm Tess 7:00pm - 8:00pm Emma C 7:00pm - 8:00pm Shelby 7:00pm - 8:00pm Emma C 7:00pm - 8:00pm Pole raining Time Stretch Pole Level 1 Training Time Pole Level 2 Level 3 Tess 8:00pm - 9:00pm Jane 8:00pm - 9:00pm