

2025 ALTITUDE POLE PALMERSTON NORTH TIMETABLE

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		
												The Palace	The Oasis		
												Pole Level 1 9.00am	Training Time 9.00am		
												Pole Level 3 10.00am	Training Time 10.00am		
Pole Level 1 3.00pm	Pole Level 5 3.00pm														
3/4 Combos 4.00pm	Training Time 4.00pm														
Pole Level 2 5.00pm	Flex 5.00pm														
		4/5 Combos 6.00pm	Training Time 6.00pm	Pole Flow 6.00pm	Pole Level 2 6.00pm	Pole Level 1 6.00pm	Flex 6.00pm	Pole Level 3 6.00pm	Flex 6.00pm	Pole Level 4 6.00pm	Pole Flow 6.00pm				
		Pole Level 3 7.00pm	Inter Flex 7.00pm	Pole Level 1 7.00pm	Flex 7.00pm	Pole Level 4 7.00pm	Pole Level 2 7.00pm	1/2 Combos 7.00pm	Acro 7.00pm	Pole Level 5 7.00pm	Training Time 7.00pm				
		Pole Level 1 8.00pm	Training Time 8.00pm	Floorplay 8.00pm	Training Time 8.00pm	Beginner Flow 8.00pm	Pole Level 3 8.00pm								