



2025 ALTITUDE POLE PALMERSTON NORTH TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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 3 10.00am	Training Time 10.00am		
										Flex 11.00am	Training Time 11.00am		
						Beginner Flow 12.00pm	Training Time 12.00pm	Pole Levels 1+2 12.00pm	Training Time 12.00pm				
												3/4 Combos 4.00pm	Flex 4.00pm
												1/2 Combos 5.00pm	Pole Level 5 5.00pm
4/5 Combos 6.00pm	Training Time 6.00pm	Pole Level 2 6.00pm	Pole Level 4 6.00pm	Pole Level 1 6.00pm	Pole Level 3 6.00pm	Pole Level 4 5.00pm	Training Time 5.00pm	Pole Level 1 5.00pm	Training Time 5.00pm				
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	Pole Flow 6.00pm	Acro 6.00pm	Pole Flow 6.00pm	Training Time 6.00pm				
Pole Level 1 8.00pm	Training Time 8.00pm	Floorplay 8.00pm	Training Time 8.00pm	Beginner Flow 8.00pm	Training Time 8.00pm	Pole Level 1 7.00pm	Training Time 7.00pm	Pole Level 5 7.00pm	Training Time 7.00pm				
						Pole Level 2 8.00pm	Flex 8.00pm						