

# 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	
9.00am													Pole Level 1		9.00am
9.30am													9.00am - 9.55am		9.30am
10.00am													Pole Level 2	Pole Level 3	10.00am
10.30am													10.00am - 10.55am	10.00am - 10.55am	10.30am
11.00am			Pole Level 2				Pole Level 1		Beginner Pole Flow				Pole Flow	Conditioning	11.00am
11.30am			11.00am - 11.55am				11.00am - 11.55am		11.00am - 11.55am				11.00am - 11.55am	11.00am - 11.55am	11.30am
12.00pm			Pole Level 1				Flex						Mobility		12.00pm
12.30pm			12.00pm - 12.55pm				12.00pm - 12.55pm						12.00pm - 12.55pm		12.30pm
1.00pm															1.00pm
1.30pm															1.30pm
2.00pm															2.00pm
2.30pm															2.30pm
3.00pm		Pole Level 5													3.00pm
3.30pm		3.00pm - 3.55pm													3.30pm
4.00pm		Flex													4.00pm
4.30pm		4.00pm - 4.55pm													4.30pm
5.00pm	Pole Level 1	Pole Level 3/4 Combos	Pole Level 1	Pole Level 4	Intermediate Pole Flow		Pole Level 1	Pole Level 5	Pole Level 3	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	5.00pm - 5.55pm		5.00pm - 5.55pm	5.00pm - 5.55pm	5.00pm - 5.55pm	5.00pm - 5.55pm	5.00pm - 5.55pm				5.30pm
6.00pm			Pole Level 2	Intermediate Flex	Pole Level 2/3 Combos	Conditioning	Pole Level 3	Flex	Pole Level 1	Acro	Pole Level 2				6.00pm
6.30pm			6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm	6.00pm - 6.55pm				6.30pm
7.00pm			Pole Level 3	Acro	Pole Level 1	Flex	Pole Level 2	Pole Level 4	Flex	Pole Level 4	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	7.00pm - 7.55pm	7.00pm - 7.55pm	7.00pm - 7.55pm	7.00pm - 7.55pm				7.30pm
8.00pm					Floorplay		Beginner Pole Flow	Pole Level 1							8.00pm
8.30pm					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