

ALTITUDE POLE WHANGAREI TIMETABLE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter	Peach Parlour	Cosmic Quarter
9.00am											Beginner Spin Pole	
9.30am											9.30am - 10.00am Fortnightly	
10.00am	L2+ Pole Play								Pole Level 1		Pole Play	
10.30am	10.00am - 11.00am								10.00am - 11.00am		10.00am - 11.00am	
11.00am	Pole Level 2									Stretch & Flex		
11.30am	11.00am - 12.00pm									11.00am - 12.00pm		
12.00pm												
12.30pm												
1.00pm												
1.30pm												
2.00pm												
2.30pm												
3.00pm												
3.30pm												
4.00pm												
4.30pm												
5.00pm												
5.30pm	Pole Level 3		Pre-Int Spin Pole		Pole Level 2	Stretch & Flex	Pole Level 4		Pole Level 1			
6.00pm	5.30pm - 6.30pm		5.30pm - 6.30pm		5.30pm - 6.30pm	5.30pm - 6.30pm	5.30pm - 6.30pm		5.30pm - 6.30pm			
6.30pm	Intermediate Spin Pole	Chair Dance	Beginner Spin Pole		Pole Flow	Hand Balance	Pole Level 3		Pole Level 2			
7.00pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm		6.30pm - 7.30pm			
7.30pm	Beginner Spin Pole	R&R Stretch	Pole Level 1		Pole Level 1		Pre-Int Spin Pole					
8.00pm	7.30pm - 8.30pm	7.30pm - 8.30pm	7.30pm - 8.30pm		7.30pm - 8.30pm		7.30pm - 8.30pm					
8.30pm												
9.00pm												