

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												
9.30am												
10.00am	L2+ Pole Play								Pole Level 1		Pole Level 3/4	
10.30am	10.00am - 11.00am								10.00am - 11.00am		10.00am - 11.00am	
11.00am	Pole Level 2									Stretch & Flex	Pole Play	
11.30am	11.00am - 12.00pm									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						Stretch & Flex						
5.00pm						4.30pm - 5.30pm						
5.30pm	Pole Level 2		Pre-Int Spin Pole		Intermediate Spin Pole	Intermediate Hand Balance	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	Pole Flow	Chair Dance	Beginner Spin Pole		Pole Level 3		Pre-Int Spin Pole	Stretch & Flex	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	Pole Level 1	R&R Stretch	Pole Level 1		Beginner Spin Pole		Pole Level 3					
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												