

Term 1 2019 Timetable

La Belle Dame

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30pm 1* Beginners Pole Kayt	6.30pm 2* Fundamentals Miss Fit	6.30pm 2 * Chorie Miss Fit	6.30 pm 4* Fundamentals Miss Fit		
7.30pm 2* Fundamentals Kayt	7.30pm 4* Fundamentals Miss Fit	7.30pm 1* Beginners Pole Miss Fit	7.30pm 3* Fundamentals Miss Fit	Week 1 starts Monday Jan 14 Week 8 starts Monday Mar 4 Term 2 2019 Starts Monday Mar 11	
8.30pm 3* Fundamentals Kayt	8.30pm Strength Training John	8.30pm 3 * Chorie Miss Fit	8.30pm 1* Beginners Pole Miss Fit		

Sydney Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4.30pm Kids Aerial Sling John	4.30pm Kids Aerial Sling Miss Fit	4.30pm Kids Pole Gym Miss Fit		8.30am Aerial Yoga Miss Fit
	5.15pm Teens Lyra John	5.15pm Kids Pole Gym Miss Fit	5.15pm Teens Pole Fitness Miss Fit		9.30am Aerial Fitness Miss Fit
	6.30pm Lyra 1 John	6.30pm Lyra 2 Natasha	7.00pm Dance with Carla Carla		10.30am PRAC Miss Fit
7.00pm 3* Chorie Carla	7.30pm Aerial Fitness John	7.30pm Lyra 1 or Bendy Babes Natasha	8.00pm 5* Fundamentals Carla		
8.00 pm 6* Fundamentals Carla	8.30pm 4* Chorie Miss Fit	8.30pm Fit to Dance Natasha			