

## Miss Fit Tower (Upstairs) Studio Castle Hill Term 5 2019 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10.00am 3* Fundamentals Angel		<b>Week 1 starts Monday Aug 26</b> <b>Week 8 starts Monday Oct 14</b> <b>Term 6 2019 Starts Monday Oct 21</b>		9.00am 5* Fundamentals Kayt
	11.00am Pole Play Angel		<div style="background-color: #90EE90; width: 20px; height: 10px; margin-bottom: 2px;"></div> Pole Classes <div style="background-color: #00BFFF; width: 20px; height: 10px; margin-bottom: 2px;"></div> Fitness Classes <div style="background-color: #D3D3D3; width: 20px; height: 10px; margin-bottom: 2px;"></div> Kids Classes <div style="background-color: #FFDAB9; width: 20px; height: 10px; margin-bottom: 2px;"></div> Aerial Classes <div style="background-color: #FFD700; width: 20px; height: 10px;"></div> Dance Classes		<b>10.30pm</b> <b>Pole Prac</b> <b>Message to Kayt</b>
	12 Noon Dance with Ange Angel				
<b>5.30 pm</b> <b>Prac</b> <b>Pole</b>		5.30 pm FaST Class Sarah Jane		6.00 pm Abs n Ass Sammy C	
6.30 pm 1* Beginners Pole Sammy C	6.30 pm 4* Fundamentals Bec	6.30 pm 3* Choreography Sarah Jane	6.30 pm 4* Fundamentals Angel	7.00 pm Bendy Babes Sammy C	
7.30 pm 3* Fundamentals Sammy C	7.30 pm 2* Fundamentals Bec	7.30 pm 2* Choreography Sarah Jane	7.30 pm <b>New Spins and Tricks</b> Bunny	8.00 pm 4 STAR Chori Sammy C	
8.30 pm 2* Fundamentals Sammy C	8.30 pm 1* Beginners Pole Bec		8.30 pm 3* Fundamentals Bunny		

## The Big Top Studio Castle Hill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10.00am Pole Play Angel	9.30am Aerial Yoga John
	12 Noon Lyra 1 John			11.00am Aerial Fitness Angel	10.30am Aerial Fitness John
	1.00pm Bungee Play John		1.00pm Mum & Bub Pole Bec		12 Noon Bungee Play John
4.00pm Kids Aerial Gym Sammy C		4.30pm Teen Lyra/Pole Fitness John/Sammy	4.00pm Kids Aerial Gym John	4.00 pm Teens Lyra Amelia	1.00pm Bungee Play John
5.00pm <b>Pole Power - NEW</b> Sammy C	6.00pm Bendy Babes AnDre	5.30pm <b>Advanced Fundamentals</b> Sammy C <b>NEW</b>	6.00pm Dance with Bunny Bunny	5.00pm Kids Aerial Gym Amelia	
7.00pm 4* Chorie Bunny	7.00pm 5* Fundamentals AnDre	7.00pm 6* Choreography Sammy C	7.10pm <b>Lyra 1 FULL</b> <b>Monique</b>		
8.00pm <b>Advanced Pole Chori</b> <b>Bunny NEW</b>	8.30pm Dance with Dre AnDre	8.30pm Dance with Sammy Sammy C	8.10pm Lyrography Monique		