

Miss Fit Taren Point La Belle Dame Term 5 2019 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30pm	6.30pm	6.30pm	6.30pm		
1* Beginners Pole Miss Fit	Abs n Ass Miss Fit	2* Chorie Camilla	2* Fundamentals Camilla		
	7.30pm	7.30pm	7.30pm		
8.30pm	5* Fundamentals Miss Fit	3* Fundamentals Camilla	1* Beginners Pole Camilla		
3* / 2* Fundas Miss Fit					

Week 1 starts Monday Aug 26
Week 8 starts Monday Oct 14
Term 6 2019 Starts Monday Oct 21

	Pole Classes
	Fitness Classes
	Kids Classes
	Aerial Classes

Miss Fit Taren Point Sydney Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4.30pm	4.30pm	4.30pm		
	Kids in Slings John	Kids Aerial Gym Camilla	Kids Aerial Gym Camilla		
	5.15pm	5.15pm	5.15pm		
	Teens Lyra John	Teens Pole Fitness Camilla	Teens Pole Fitness Camilla		
	6.30pm		7.00pm		
7.00pm	Lyrography John		4* Fundamentals Miss Fit		
3* Chorie Carla	7.30pm	7.30pm			
8.00 pm	Lyra 1 John	Bendy Babes Natasha	4* Chorie Miss Fit		
5* Chori Carla	8.30pm	8.30pm			
	Bungee Play John	Lyra 2 Natasha			

8.30am	Aerial Yoga Miss Fit
9.30am	Aerial Fitness Miss Fit
10.30am	Lyra 1 Miss Fit
FULL 12 Noon	Bungee Play Miss Fit