

Miss Fit Tower (Upstairs) Studio Castle Hill

Term 4 2020 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10.10 am 1* Beginners Pole Jacinta
					11.20 am 2* Fundamentals Jacinta
5.00 pm Open Prac Pole				5.00 pm Open Prac Pole	
6.00 pm 1* Beginners Pole Miss Fit	6.00 pm FULL 2* Fundamentals Miss Fit	6.00 pm 1* Beginners Pole Miss Fit	6.00 pm 2* Fundamentals Jacinta	6.00 pm 3* Choreography Sammy C	
7.10 pm 2* Fundamentals Miss Fit	7.10 pm 4* Fundamentals Miss Fit	7.10 pm 3* Fundamentals Gemma	7.10 pm FULL 4* Fundamentals Jacinta		
8.20 pm 3* Fundamentals Miss Fit	8.20 pm 1* Beginners Pole Miss Fit	8.20 pm 2* Choreography Gemma	8.20 pm Dance with J Jacinta		

Legend

- Pole Classes
- Fitness Classes
- Kids Classes
- Aerial Classes
- Dance Classes
- Open Practice

Week 1 Term 4 start Monday 21st Sep
 Week 8 Term 4 start Monday 9th Nov
 Week 1 Term 5 start Monday 16th Nov

The Big Top Studio Castle Hill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9.00 am Pole Play - All levels Jacinta
10.00 am Sling Fit Angel	10.00 am 3* Fundamentals Angel	10.00 am Sling Fit Angel	10.00 am Ballet Barre Sammy C	10.00 am Pole Play - All levels Angel	10.10 am Aerial Fitness John
11.10 am FaST Angel	11.10 am Pole Play - All levels Angel	11.10 am FaST Angel	11.10 am Bendy Babes Sammy C	11.10 am Aerial Fitness Angel	11.20 am Lyra 1 John
					12.30 pm Lyra 2 John
			1.00 pm Mums & Bub Pole Bec		2.00 pm Open Prac Pole and Aerial
	3.30 pm Kids Aerial Gym (9-12 Years) John	3.45 pm Kids Aerial Gym (5-8 Years) Miss Fit	4.00 pm Kids Aerial Gym (9-12 Years) Miss Fit	4.00 pm Teens Lyra Camilla	
	4.30 pm Teens Lyra John	4.45 pm Teen Lyra Miss Fit	5.00 pm Teen Pole Fitness Miss Fit	5.10 pm Kids Aerial Gym (9-12 Years) Camilla	
5.00 pm FaST Livestream Miss Fit		5.00 pm Bendy Babes LIVESTREAM Miss Fit	5.00 pm Bendy Babes LIVESTREAM Miss Fit		
	5.00 pm Open Prac Pole and Aerial	5.00 pm Open Prac Pole and Aerial	5.00 pm Open Prac Pole		
5.30 pm 5* Choreography Bunny	6.00 pm 4* Choreography Bec	6.00 pm 5* Fundamentals AnDre	6.00 pm Lyra 1 Monique	6.10 pm Aerial Yoga John	
7.10 pm 4* Choreography Bunny	7.10 pm 5* Fundamentals Bec	7.30 pm 6* Choreography AnDre	7.10 pm Lyra 2 Monique	7.20 pm Dance with Sammy Sammy C	
8.20 pm 4* Fundamentals Bunny	8.20 pm 2* Choreography Bec		8.20 pm Lyrography Monique		