

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 Bendy Babes 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 FULL 4* Fundamentals Miss Fit	7.10 pm FULL 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
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	9.50 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
			1.00 pm Mums & Bub Pole Bec		12.30 pm Lyra 2 John
	3.45 pm Kids Aerial Gym (9-12 Years) Miss Fit	3.45 pm Kids Aerial Gym (5-8 Years) Miss Fit		4.00 pm Teens Lyra Camilla	2.00 pm Open Prac Pole and Aerial
	5.00 pm Teens Pole Fitness Miss Fit	4.45 pm Teen Lyra Miss Fit		5.10 pm Kids Aerial Gym (9-12 Years) Camilla	
5.00 pm FaST 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	6.00 pm Bendy Babes LIVESTREAM Miss Fit	
5.45 pm 5* Choreography Bunny	6.00 pm 4* Choreography Bec	6.00 pm Bendy Babes LIVESTREAM Miss Fit	6.00 pm Lyra 1 Monique	6.10 pm Aerial Yoga John	
7.10 pm 4* Choreography Bunny	7.10 pm 5* Fundamentals Bec	6.00 pm 5* Fundamentals AnDre	7.10 pm FULL Lyra 2 Monique	7.20 pm Dance with Sammy Sammy C	
8.20 pm FULL 4* Fundamentals Bunny	8.20 pm 2* Choreography Bec	7.30 pm 6* Choreography AnDre	8.20 pm Lyra 3 Monique		