

Miss Fit Artarmon Decadence Studio Term 1 2021 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerial Fitness Camilla 10.30am					Lyra 2 Monique 10.30 am
Beginners Pole Camilla 11.40 am					Lyrography Monique 11.40 am
Pole Play All Levels Camilla 11.40 am					
Lyra Play Camilla 12.50pm					
Teen Lyra Camilla 3.45 pm				Teen Pole Miss Fit 3.50 pm	2.00 pm Open Prac Pole & Aerial
Kids Aerial Gym (9-12 years) Camilla 4.50 pm	Kids Aerial Gym (5-8 years) Camilla 4.00 pm	Kids Aerial Gym (5-8 years) Camilla 4.00 pm	Kids Aerial Gym (5-8 years) Camilla 4.00 pm		
	Teen Lyra Camilla 5.00 pm	Kids Aerial Gym (9-12 years) Camilla 5.00 pm	Kids Aerial Gym - Open Age Level 2 Camilla 5.00 pm		
		5.00 pm Open Prac Pole & Aerial			
Aerial Fitness John 6.00 pm	2 * Choreography Jacinta 6.00 pm	Lyra 1 Beginner Aerial Hoop John 6.00pm	FULL 6.20pm Lyra 1 Beginner Aerial Hoop Lyra 2 Camilla		
3* Fundamentals Eva 7.10pm	Dance with J Jacinta 7.10 pm	Lyra 3 John 7.10 pm			
				Dance with Grey - Stripper Rock Grey Ace 7.30 pm	
4 * Fundamentals Eva 8.20pm	3* Choreography Jacinta 8.20 pm	Lyra 2 John 8.20 pm		Beginners Contortion Grey Ace 8.40 pm	
				8.40 pm Open Prac Pole & Aerial	

LEGEND

Pole Classes	[Green Box]
Fitness Classes	[Blue Box]
Kids Classes	[Grey Box]
Lyra Classes	[Orange Box]
Dance Classes	[White Box]
Sling Classes	[Yellow Box]
Practice Time	[Yellow Box]

Week 1 Term 1 start Monday 11th Jan 2021
 Week 8 Term 1 start Monday 1st March
 Week 1 Term 2 start Monday 8th March 2021

MISS FIT ARTARMON HOLLYWOOD ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00 pm Open Prac Pole & Aerial				5.00 pm Open Prac Pole & Aerial	3* Fundamentals Miss Fit 10.30 am
2* Fundamentals Eva 6.20pm	4 * Choreography Eva 6.20pm	Abs n Ass Conditioning Class Grey Ace 6.00 pm	6* Choreography Carla 6.00pm	Aerial Yoga Miss Fit 6.00 pm	1* Beginners Pole Miss Fit 11.40am
Dance with Carla Carla 7.10 pm	Dance with Eva Eva 7.30pm	2* Fundamentals Grey Ace 7.10pm			
5* Choreography Carla 8.20 pm	1* Beginners Pole Eva 8.40pm		5* Fundamentals Carla 7.40pm		
	8.40 pm Open Prac Pole & Aerial				