

Miss Fit Tower (Upstairs) Studio Castle Hill

Term 1 2021 Timetable



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

LEGEND

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

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

The Big Top Studio Castle Hill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10.00 am 3* Fundamentals Angel			10.00 am Pole Play - All levels Angel	10.00 am Aerial Fitness John
			12.30 pm Mums & Bub Pole Bec	11.10 am Aerial Fitness Angel	11.20 am Lyra 1 John
	3.45 pm Kids Aerial Gym (9-12 Years) Miss Fit	3.45 pm Kids Aerial Gym (5-8 Years) Miss Fit			12.30 pm Lyra 2 John
	5.00 pm Teens Pole Fitness Miss Fit	4.45 pm Teen Lyra Miss Fit		4.00 pm Teen Lyra Camilla	2.00 pm Open Prac Pole and Aerial
	4.00 pm Aerial Fitness Angel			5.10 pm Kids Aerial Gym (9-12 Years) Camilla	
5.30 pm Advanced Tricks & Spins Bunny	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 Lyra 1 Miss Fit	6.00 pm 5* Choreography Bunny	6.00 pm Dance with J Jacinta	6.10 pm Aerial Yoga John	
7.10 pm FULL 4* Choreography Bunny	7.10 pm FULL 5* Fundamentals Miss Fit		7.10 pm FULL Lyra 2 Monique	7.20 pm Abs & Ass Sammy C	
8.20 pm 4* Fundamentals Bunny		7.30 pm Dance with Bunny Bunny	8.20 pm Lyra 3/Lyrography Monique		
	8.30 pm Bendy Babes Miss Fit				