

Miss Fit Artarmon Decadence Studio Term 3 2021 Timetable



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Aerial Fitness Luna	10.10am
1* Beginners Pole Luna	11.20 am
Pole Play All Levels Luna	11.20 am
Lyra Play Luna	12.50pm

LEGEND

Pole Classes	
Fitness Classes	
Kids Classes	
Lyra Classes	
Dance Classes	
Sling Classes	
Practice Time	

1* Beginners Pole Miss Fit	9.30 am
2* Fundamentals 3* Fundamentals Miss Fit	10.30 am
Pole Play Miss Fit	11.40am

Week 1 Term 3 start Monday 3rd May 2021
Week 8 Term 2 start Monday 21st June 2021
Week 1 Term 4 start Monday 28th June 2021

Teen Lyra John	3.45 pm	Kids Aerial Gym (5-8 years) John	4.00 pm	Kids Aerial Gym (5-8 years) John	4.00 pm	Kids Aerial Gym (5-8 years) John	4.00 pm	Teen Pole Miss Fit	3.50 pm
Kids Aerial Gym (9-12 years) John	4.50 pm	Teen Lyra John	5.00 pm	Kids Aerial Gym (9-12 years) John	5.00 pm	Kids Aerial Gym - Open Age Level 2 John	5.00 pm		
1* Beginners Pole Lauren	6.00pm					Lyra 1 Beginner Aerial Hoop Lyra 2 John	6.00pm	Aerial Yoga Miss Fit	6.00 pm
Aerial Fitness John	6.00 pm	CLASS FULL 6.20pm 4 * Choreography Lauren		Bendy Babes Grey Ace	6.00 pm	Abs & Ass Grey Ace	6.00pm		
3* Fundamentals Lauren	7.10pm	3* Choreography Lauren	7.20pm	2* Fundamentals Grey Ace	7.10pm	Dance with Grey - Glam Rock Grey Ace	7.10 pm		
4 * Fundamentals Lauren	8.10pm	2* Choreography Lauren	8.20pm	Instatricks - 3* & higher Grey Ace	8.20pm	Back Bends & Bridges Grey Ace	8.20 pm		
						1* Beginners Pole Grey Ace	8.20pm		
		8.20 pm Open Prac Pole & Aerial					8.20 pm Open Prac Pole & Aerial		

Miss Fit Artarmon Hollywood Room

Monday

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Saturday

5.00 pm Open Prac Pole & Aerial		5.00 pm Open Prac Pole & Aerial		5.00 pm Open Prac Pole & Aerial				Lyra 1 Luna	9.30am
Dance with Carla Carla	6.20 pm	4* Choreography Jacinta	6.00 pm	Lyra 1 Beginner Aerial Hoop John	6.00pm	6* Fundamentals Carla	6.00pm	Lyra 2 Luna	9.30am
6* Choreography Carla	7.25 pm	CLASS FULL 7.10 pm Dance with J Jacinta		CLASS FULL 7.10 pm Lyra 3 Monique				CLASS FULL 10.40am Lyrography Luna	11.50am
		4* Fundamentals Jacinta	8.20 pm	Lyra 2 Monique	8.20 pm	5* Fundamentals Carla	7.35pm	Lyra Play Luna	1.00pm
								Bungee Play Miss Fit	
								2.00 pm Open Prac Pole & Aerial	