

Miss Fit Artarmon Decadence Studio Term 4 2021 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerial Fitness 1 Luna 10.30am			LEGEND Pole Classes Fitness Classes Kids Classes Lyra Classes Dance Classes Sling Classes Practice Time		1* Beginners Pole Miss Fit 9.30 am
Beginners Pole Luna 11.30 am					2* Fundamentals 3* Fundamentals Miss Fit 10.30 am
Pole Play All Levels Luna 11.30 am					Pole Play Miss Fit 11.30am
Lyra Play Luna 12.50 pm					
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 3.45 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 4.30 pm		5.00 pm Open Prac Pole & Aerial
1* Beginners Pole Lauren 6.00pm		Bendy Babes Grey Ace 6.00 pm	Lyra 1 Beginner Aerial Hoop Lyra 2 John 6.00pm	Aerial Yoga Miss Fit 6.00 pm	
Aerial Fitness 1 John 6.00 pm	4 * Choreography Lauren 6.15pm	1* Beginners Pole Grey Ace 6.00pm	Long and Strong Barre Grey Ace 6.00pm		
3* Fundamentals Lauren 7.10pm	Dance with J Jacinta 7.20 pm	2* Fundamentals 3* Fundamentals Grey Ace 7.00pm	Dance with Grey - Dirty Rock Grey Ace 7.00 pm		
4 * Fundamentals Lauren 8.10 pm		Lyrical Pole Dance Grey Ace 8.00pm	2* Choreography Grey Ace 8.00pm		
	4* Fundamentals Jacinta 8.20 pm		8.00 pm Open Prac Pole & Aerial		

Week 1 Term 4 start Monday June 28 2021
Week 8 Term 4 start Monday August 16 2021
Week 1 Term 5 start Monday August 23 2021

Miss Fit Artarmon Hollywood Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Lyra 1/Lyra 2 Luna 9.30am
5.00 pm Open Prac Pole & Aerial	5.00 pm Open Prac Pole & Aerial	5.00 pm Open Prac Pole & Aerial	5.00 pm Open Prac Pole & Aerial	5.00 pm Open Prac Pole & Aerial	Lyrography Luna 10.30am
Dance with Carla Carla 6.20 pm	4* Choreography Jacinta 6.15 pm	Lyra 1 Beginner Aerial Hoop John 6.00pm	6* Fundamentals 6.00 pm		Bendy Babes Luna 11.30 am
Bendy Babes Carla 6.20 pm		Lyra 3 Monique 7.10 pm	Carla 7.30 pm		Lyra Play Luna 12.30 pm
6* Choreography Carla 7.20 pm	5* Fundamentals Lauren 7.20 pm	Lyra 2 Monique 8.10 pm	5* Fundamentals Carla 7.30 pm		Bungee Play Miss Fit 12.40 pm
	3* Choreography Lauren 8.35 pm				2.00 pm Open Prac Pole & Aerial
	1* Beginners Pole Lauren 8.35 pm				
	8.35 pm Open Prac Pole & Aerial				