

Miss Fit Tower (Upstairs) Studio Castle Hill

Term 4 2021 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9.00am 2* Fundamentals Gemma
					10.00 am 3* Fundamentals Gemma
5.00 pm Open Prac Pole				5.00 pm Open Prac Pole	10.00 am 4* Fundamentals Gemma
6.00 pm 1* Beginners Pole Miss Fit	6.00 pm 1* Beginners Pole Gemma	6.00 pm 2* Fundamentals Kayt	6.00 pm 3* Fundamentals Angel	6.00 pm 2* Choreography Sammy C	11.00 am 1* Beginners Pole Gemma
7.00 pm 2* Fundamentals Miss Fit	7.00 pm 4* Fundamentals Piper	7.00 pm 3* Choreography Kayt	7.00 pm CLASS FULL 4* Fundamentals Jacinta	7.00 pm 1* Beginners Pole Sammy C	
8.00 pm 3* Fundamentals Miss Fit	8.00pm 2* Fundamentals Piper	8.00 pm 3* Fundamentals Kayt	8.00 pm 3* Choreography Jacinta	7.30pm Dance with Sammy - 90mins Workshops (not weekly class) Sammy C	11.00 am Open Prac Pole
8.00 pm 4* Fundamentals Miss Fit					

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	9.00 am Aerial Fitness 1 John
11.00am Aerial Fitness 1 Angel	11.00 am Pole Play Angel	11.00 am Pole Play - All levels Luna		11.10 am Aerial Fitness 1 Angel	10.00 am Aerial Fitness 2 John
12.15 pm Lyra 1 Angel	12.00 pm 3* Choreography Angel	12.10 pm Aerial Dance Luna	12.30 pm Mums & Bub Pole Sammy C		11.20 am Lyra 2 CLASS FULL John Lyra 3 Monique
	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 Teen Lyra John	12.20 pm Lyra 1 / Lyra 2 Monique
	5.00 pm Teens Pole Fitness Miss Fit	4.45 pm Teen Lyra Miss Fit		5.10 pm Kids Aerial Gym (9-12 Years) John	1.30 pm Open Prac Pole and Aerial
5.30 pm 6* Fundamentals Bunny	5.00 pm Open Prac Pole and Aerial	5.00 pm Open Prac Pole and Aerial	5.00 pm Open Prac Pole and Aerial		
	6.00 pm Lyra 1 Miss Fit	6.00 pm Advanced Choreography Bunny	6.00 pm Dance with J Jacinta	6.10 pm Aerial Yoga John	
7.00 pm CLASS FULL 4* Choreography Bunny	7.10 pm 5* Fundamentals Gemma	7.20pm Bendy Babes Miss Fit	7.10 pm CLASS FULL Lyra 2 Monique		
8.00 pm 5* Fundamentals Bunny	8.30 pm Aerial Dance Gemma	8.20pm 2* Choreography Miss Fit	8.10 pm Lyra 3 Monique		
			8.10 pm Lyrography Monique		

LEGEND

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