

Miss Fit Artarmon Decadence Studio Term 4 2021 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.30 am Beginners Pole Miss Fit 11.30 am Pole Play All Levels Miss Fit 12.50 pm Lyra Play John					9.20 am 1* Beginners Pole Miss Fit 10.30 am 2* Fundamentals 3* Fundamentals Miss Fit 11.40am Bendy Babes Miss Fit
4.00 pm Teen Lyra John	5.00 pm Teen Lyra John			4.00 pm Teen Pole Miss Fit	
6.00 pm Aerial Fitness 1 John	6.10pm 4 * Choreography Lauren	6.00 pm Bendy Babes Miss Fit	6.00pm Lyra 1 Beginner Aerial Hoop Lyra 2 John	5.00 pm Open Prac Pole & Aerial 6.00 pm Aerial Yoga Miss Fit	
7.10pm 3* Fundamentals Lauren	7.20 pm 5* Fundamentals Lauren	7.10pm 2* Fundamentals 3* Fundamentals Miss Fit	6.00pm Long and Strong Barre Grey Ace		
8.20 pm 4 * Fundamentals Lauren	8.40 pm 3* Choreography Lauren	8.20pm 1* Beginners Pole Miss Fit	7.10 pm Dance with Grey - Dirty Rock Grey Ace		
			8.20pm 2* Choreography Grey Ace		
			8.20 pm Open Prac Pole & Aerial		

LEGEND

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

Week 1 Term 4 start Monday October 18 2021
 Week 8 Term 4 start Monday December 6 2021
 Week 1 Term 1 2022 start Monday January 10 2022

Miss Fit Artarmon Hollywood Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9.30am Lyra 1/Lyra 2 Monique
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	10.40am CLASS FULL Lyrography Monique
		6.00pm Lyra 1 Beginner Aerial Hoop John	6.00 pm 6* Fundamentals Carla		11.50 pm Lyra Play Monique
7.00 pm 6* Choreography Carla	6.15 pm Twerking Jacinta	7.10 pm CLASS FULL Lyra 3 Monique			1.00 pm Bungee Play Miss Fit
	7.20 pm Dance with J Jacinta	8.20 pm Lyra 2 Monique	7.40 pm 5* Fundamentals Carla		2.00 pm Open Prac Pole & Aerial
	8.40 pm Open Prac Pole & Aerial				