

Miss Fit Artarmon Decadence Studio Term 4 2021 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerial Fitness 1 Miss Fit 10.20am					1* Beginners Pole Miss Fit 9.20 am
Beginners Pole Miss Fit 11.30 am					2* Fundamentals 3* Fundamentals Miss Fit 10.30 am
Pole Play All Levels Miss Fit 11.30 am					Bendy Babes Miss Fit 11.40am
Lyra Play John 12.50 pm					
Teen Lyra John 4.00 pm					
				Teen Pole Miss Fit 3.50 pm	
	Teen Lyra John 5.00 pm				
		Bendy Babes Miss Fit 6.00 pm	Lyra 1 Beginner Aerial Hoop Lyra 2 John 6.00pm	5.00 pm Open Prac Pole & Aerial	
Aerial Fitness 1 John 6.00 pm	4 * Choreography Lauren 6.10pm		Long and Strong Barre Grey Ace 6.00pm	Aerial Yoga Miss Fit 6.00 pm	
3* Fundamentals Lauren 7.10pm	Dance with J Jacinta 7.20 pm	2* Fundamentals 3* Fundamentals Miss Fit 7.10pm	Dance with Grey - Dirty Rock Grey Ace 7.10 pm		
4 * Fundamentals Lauren 8.20 pm		1* Beginners Pole Miss Fit 8.20pm	2* Choreography Grey Ace 8.20pm		
	4* Fundamentals Jacinta 8.30 pm		8.00 pm Open Prac Pole & Aerial		

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

LEGEND

Pole Classes	[Green Box]
Fitness Classes	[Blue Box]
Kids Classes	[Grey Box]
Lyra Classes	[Orange Box]
Dance Classes	[Red Box]
Sling Classes	[Yellow Box]
Practice Time	[White Box]

Miss Fit Artarmon Hollywood Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Lyra 1/Lyra 2 Monique 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 Monique 10.40am
1* Beginners Pole Carla 6.20 pm	1* Beginners Pole Jacinta 6.15 pm	Lyra 1 Beginner Aerial Hoop John 6.00pm	6* Fundamentals Carla 6.00 pm		Lyra Play Monique 11.50 pm
Bendy Babes Carla 6.20 pm	5* Fundamentals Lauren 7.20 pm	CLASS FULL Lyra 3 Monique 7.10 pm			Bungee Play Miss Fit 1.00 pm
6* Choreography Carla 7.30 pm	3* Choreography Lauren 8.40 pm	Lyra 2 Monique 8.20 pm	5* Fundamentals Carla 7.40 pm		2.00 pm Open Prac Pole & Aerial
	8.40 pm Open Prac Pole & Aerial				