

Miss Fit Tower (Upstairs) Studio Castle Hill

Term 4 2021 Timetable



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

5.00 pm Open Prac Pole					5.00 pm Open Prac Pole	
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 6.00 pm		2* Fundamentals Gemma 9.00am
2* Fundamentals Miss Fit 7.10 pm	4* Fundamentals Miss Fit 7.10 pm	3* Choreography Kayt 7.10 pm	CLASS FULL 4* Fundamentals Jacinta 7.10 pm	1* Beginners Pole Sammy C 7.10 pm		3* Fundamentals Gemma 10.10 am
3* Fundamentals Miss Fit 8.20 pm	2* Fundamentals Miss Fit 8.20pm	3* Fundamentals Kayt 8.20 pm	3* Choreography Jacinta 8.20 pm	Dance with Sammy - 90mins Workshops (not weekly class) Sammy C 7.30pm		4* Fundamentals Gemma 10.10 am
4* Fundamentals Miss Fit 8.20 pm						1* Beginners Pole Gemma 11.20 am
						11.30 am Open Prac Pole

The Big Top Studio Castle Hill

Monday

Tuesday

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Thursday

Friday

Saturday

		3* Fundamentals Angel 9.50 am			Pole Play - All levels Angel 10.00 am	Aerial Fitness 1 John 8.50 am
Aerial Fitness 1 Angel 11.00am	Pole Play Angel 11.00 am		Pole Play - All levels Miss Fit 11.00 am		Aerial Fitness 1 Angel 11.10 am	CLASS FULL Aerial Fitness 2 John 10.00 am
Lyra 1 Angel 12.15 pm	3* Choreography Angel 12.10 pm	Bungee Play Miss Fit 12.10 pm		Mums & Bub Pole Sammy C 12.30 pm		11.20 am Lyra 2 CLASS FULL John Lyra 3 CLASS FULL John
						12.30 pm Lyra 1 / Lyra 2 John
					Teen Lyra John 4.00 pm	1.30 pm Open Prac Pole and Aerial
	Teens Pole Fitness Miss Fit 5.00 pm					
	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* Fundamentals Grey Ace 5.30 pm	Lyra 1 Miss Fit 6.00 pm	Advanced Choreography Grey Ace 6.00 pm	Dance with J Jacinta 6.00 pm		Aerial Yoga John 6.10 pm	
	4* Choreography Grey Ace 7.10 pm	Bendy Babes Grey Ace 7.20pm	CLASS FULL Lyra 2 Monique 7.10 pm			
5* Fundamentals Grey Ace 8.20 pm	CLASS FULL Aerial Dance Gemma 8.30 pm	2* Choreography Grey Ace 8.20pm	Lyra 3 Monique 8.10 pm			

LEGEND

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