

Miss Fit Artarmon Decadence Studio Term 1 2022 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.50 am 1* Beginners Pole Miss Fit 11.50 am Pole Play All Levels Miss Fit 12.50pm Lyra Play John					9.30 am 1* Beginners Pole Miss Fit 10.30 am 2* Fundamentals 3* Fundamentals Miss Fit 11.40am Bendy Babes Miss Fit
					9.30 am Teen Lyra Monique
4.00 pm Teen Lyra John 5.00 pm Kids Aerial Gym (5-8 years) John	4.00 pm Kids Aerial Gym (9-12 years) John 5.00 pm Teen Lyra John	4.00 pm Kids Aerial Gym (5-8 years) John 5.00 pm Kids Aerial Gym (9-12 years) John	4.00 pm Kids Aerial Gym (5-8 years) John 5.00 pm Kids Aerial Gym - Open Age Level 2 John 6.00pm Lyra 1 Beginner Aerial Hoop Lyra 2 John	3.50 pm Teen Pole Miss Fit 6.00 pm Aerial Yoga Miss Fit	
6.00 pm Aerial Fitness John	6.20pm 4 * Choreography Lauren	6.00 pm Bendy Babes Miss Fit	6.00pm Long and Strong Barre Grey Ace		
7.10pm 3* Fundamentals Lauren	7.30 pm 4* Fundamentals Lauren	7.10pm 2* Fundamentals Miss Fit	7.10 pm Dance with Grey - Dirty Rock Grey Ace		
8.20pm 4 * Fundamentals Lauren	7.30 pm Open Prac Pole & Aerial	7.10pm 3* Fundamentals Miss Fit 8.20 pm 1* Beginners Pole Miss Fit	8.20 pm 3 * Chori 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 1 start Monday 10th January 2022
 Week 8 Term 1 start Monday 28th February 2022
 Week 1 Term 2 start Monday 7th March 2021

Miss Fit Artarmon Hollywood Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00 pm Open Prac Pole & Aerial		5.00 pm Open Prac Pole & Aerial		5.00 pm Open Prac Pole & Aerial	9.30am Lyra 1 Monique
6.20 pm 6* Choreography Carla	6.20pm 5* Choreography Jacinta	6.00pm Lyra 1 Beginner Aerial Hoop John	6.00pm 6* Fundamentals Carla		9.30am Lyra 2 Monique
8.00 pm 2* Choreography Carla	7.40 pm Dance with J Jacinta	7.10 pm Lyra 3 Monique	7.35pm 5* Fundamentals Carla		10.40am Lyrography Monique
		8.20 pm Lyra 2 Monique			11.50am Lyra Play Monique
					1.00pm Bungee Play Miss Fit
					2.00 pm Open Prac Pole & Aerial