

Miss Fit Tower (Upstairs) Studio Castle Hill

Term 1 2022 Timetable



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|------------------------------------|---------------------------------------|--|--|
| | | | | | 9.00 am 2* Fundamentals Gemma |
| 5.00 pm Open Prac Pole | | | | 5.00 pm Open Prac Pole | 10.10 am 3* 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 | 10.10 am 4* Fundamentals Gemma |
| 7.10 pm 2* Fundamentals Miss Fit | 7.10 pm 4* Fundamentals Miss Fit | 7.10 pm 3* Choreography Kayt | 7.10 pm 4* Fundamentals Jacinta | 7.10 pm 1* Beginners Pole Sammy C | 11.20 am 1* Beginners Pole Gemma |
| 8.20 pm 3* Fundamentals Miss Fit | 8.20pm 2* Fundamentals Miss Fit | 8.20 pm 3* Fundamentals Kayt | 8.20 pm 3* Choreography Jacinta | 7.30pm Dance with Sammy - 90mins Workshops (not weekly class) Sammy C | 5.00 pm Open Prac Pole |
| 8.20 pm 4* Fundamentals Miss Fit | | | | | |

The Big Top Studio Castle Hill

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | | | 9.00 am Aerial Fitness 1 John |
| | 10.00 am 3* Fundamentals Angel | | | 10.00 am Pole Play - All levels Angel | 10.10 am Aerial Fitness 2 John |
| 11.00 am 1* Beginners Pole Angel | 11.10 am Aerial Fitness Angel | 11.20 am 1* Beginners Pole Miss Fit | | 11.10 am Aerial Fitness Angel | 11.20 am Lyra 2 / Lyra 3 John |
| 12.00 Noon Lyra 1 Angel | | 11.20 am Pole Play All Levels Miss Fit | | | 12.30 pm Lyra 1 / Lyra 2 John |
| | | 12.30 pm Aerial Fitness Miss Fit | 12.30 pm Mums & Bub Pole Sammy C | | 12.30 pm Teen Lyra John |
| | 3.45 pm Kids Aerial Gym (9-12 Years) Miss Fit | 3.45 pm Kids Aerial Gym (5-8 Years) | | | 12.30 pm Teen Lyra John |
| | 5.00 pm Teens Pole Fitness Miss Fit | 4.45 pm Teen Lyra | | 4.00 pm Teen Lyra John | 1.30 pm Open Prac Pole and Aerial |
| | 5.00 pm Open Prac Pole and Aerial | 5.00 pm Open Prac Pole and Aerial | 5.00 pm Open Prac Pole and Aerial | | |
| 5.30 pm 6* Fundamentals Grey Ace | 6.00 pm Lyra 1 Miss Fit | 6.00pm Advanced Chori Grey Ace | 6.00 pm Dance with J Jacinta | 6.10 pm Aerial Yoga John | |
| 7.10 pm 4* Choreography Grey Ace | 7.10 pm 5* Fundamentals Gemma | 7.20 pm Bendy Babes Grey Ace | 7.10 pm Lyra 2 Monique | | |
| 8.20 pm 5* Fundamentals Grey Ace | 8.30pm Aerial Dance Gemma | 8.30 pm 2* Choreography Grey Ace | 8.20 pm Lyra 3 Monique | | |
| | | | 8.20 pm Lyrography Monique | | |

LEGEND

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

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