

# MISS FIT

## Term 1 2022 Kids and Teen Classes

### Castle Hill

Tuesday	Wednesday	Thursday	Friday	Saturday
				12.30 pm Teen Lyra John
4.00 pm Kids Aerial Gym (9-12 Years) Miss Fit	4.00 pm Kids Aerial Gym (5-8 Years)		4.00 pm Teen Lyra John	
5.00 pm Teens Pole Fitness Miss Fit	4.45 pm Teen Lyra		5.10 pm Kids Aerial Gym (9-12 Years) John	
	Kids Aerial Gym 5 - 8 Years			
	Kids Aerial Gym 9 - 12 Years			
	Teen Pole Fitness 13 - 17 Years			
	Teen Lyra 13 - 17 Years			

### Artarmon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.00 pm Teen Lyra John					9.30 am Teen Lyra Monique
5.00 pm Kids Aerial Gym (5-8 years) John	4.00 pm Kids Aerial Gym (9-12 years) John	4.00 pm Kids Aerial Gym (5-8 years) John	4.00 pm Kids Aerial Gym (5-8 years) John	3.50 pm Teen Pole Miss Fit	
	5.00 pm Teen Lyra John	5.00 pm Kids Aerial Gym (9-12 years) John	5.00 pm Kids Aerial Gym - Open Age John		
	Kids Aerial Gym 5 - 8 Years				
	Kids Aerial Gym 9 - 12 Years				
	Kids Aerial Gym Open Age				
	Teen Pole Fitness 13 - 17 Years				
	Teen Lyra 13 - 17 Years				