

Miss Fit Artarmon Decadence Studio Term 1 2022 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1* Beginners Pole Miss Fit 11.50 am					1* Beginners Pole Miss Fit 9.30 am
Pole Play All Levels Miss Fit 11.50 am					2* Fundamentals Miss Fit 10.30 am
Lyra Play John 12.50pm					3* Fundamentals Miss Fit 11.40am
					Bendy Babes Miss Fit 9.30 am
Teen Lyra 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 4.00 pm	Teen Pole Miss Fit 3.50 pm	Teen Lyra Monique 9.30 am
Kids Aerial Gym (5-8 years) John 5.00 pm	Teen Lyra John 5.00 pm	Kids Aerial Gym (9-12 years) John 5.00 pm	Kids Aerial Gym - Open Age Level 2 John 5.00 pm		
			Lyra 1 Beginner Aerial Hoop John 6.00pm	Aerial Yoga Miss Fit 6.00 pm	
Aerial Fitness John 6.00 pm	4 * Choreography Jacinta 6.10pm	Bendy Babes Miss Fit 6.00 pm	Long and Strong Barre Grey Ace 6.00pm		
Dance with Lauren Lauren 7.10 pm	Dance with J Jacinta 7.20 pm	2* Fundamentals Miss Fit 7.10pm	Dance with Grey - Dirty Rock Grey Ace 7.10 pm		
5 * Fundamentals Lauren 8.20pm	4* Fundamentals Jacinta 8.30 pm	3* Fundamentals Miss Fit 7.10pm	3 * Chori Grey Ace 8.20 pm		
	8.30 pm Open Prac Pole & Aerial	1* Beginners Pole Miss Fit 8.20 pm	8.20 pm Open Prac Pole & Aerial		

LEGEND

Pole Classes	Green
Fitness Classes	Blue
Kids Classes	Grey
Lyra Classes	Orange
Dance Classes	Red
Sling Classes	Yellow
Practice Time	Light Green

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	Lyra 1 Monique 9.30am
6* Choreography Carla 6.20 pm	Lyrography 1 John 6.20pm	Lyra 1 Beginner Aerial Hoop John 6.00pm	6* Fundamentals Carla 6.00pm		Lyra 2 Monique 9.30am
4* Fundamentals Carla 8.00 pm	Lyra 1 Beginner Aerial Hoop John 7.20pm	CLASS FULL Lyra 3 Monique 7.10 pm	5* Fundamentals Carla 7.35pm		Lyrography Monique 10.40am
		Lyra 2 Monique 8.20 pm			Lyra Play Monique 11.50am
					Bungee Play Miss Fit 1.00pm
					2.00 pm Open Prac Pole & Aerial