

# Miss Fit Tower (Upstairs) Studio Castle Hill

## Term 1 2022 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10.10 am 3* Fundamentals Gemma
5.00 pm Open Prac Pole					10.10 am 4* Fundamentals Gemma
6.00 pm 1* Beginners Pole Miss Fit	6.00 pm 2* Fundamentals Gemma	6.00 pm 2* Fundamentals Gray Ace	6.00 pm 3* Fundamentals Angel		11.20 am 1* Beginners Pole Gemma
7.10 pm 2* Fundamentals Miss Fit	7.10 pm 4* Fundamentals Miss Fit	7.10 pm 3* Choreography Kayt	7.10 pm <b>CLASS FULL</b> 4* Fundamentals Jacinta		11.20 am Open Prac Pole
8.20 pm 3* Fundamentals Miss Fit	8.20 pm <b>CLASS FULL</b> 1* Beginners Pole Miss Fit	8.20 pm 3* Fundamentals Kayt	8.20 pm 3* Choreography Jacinta	7.30 pm Dance with Sammy - 90mins Workshops (not weekly class) Sammy C	
8.20 pm 4* Fundamentals Miss Fit					

### The Big Top Studio Castle Hill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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
				11.10 am Aerial Fitness Angel	11.20 am <b>CLASS FULL</b> Lyra 2 / Lyra 3 John
			12.30 pm Mums & Bub Pole Sammy C		12.30 pm Lyra 1 / Lyra 2 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
	6.00 pm Open Prac Pole and Aerial	5.00 pm Open Prac Pole and Aerial	5.00 pm Open Prac Pole and Aerial	5.10 pm Kids Aerial Gym (9-12 Years) John	
6.00 pm Rock n Pole Grey Ace	6.00 pm Lyra 1 Miss Fit		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	8.30 pm Aerial Dance Gemma	8.30 pm 2* Choreography Grey Ace	8.20 pm Lyra 3 Monique		

#### LEGEND

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