

Miss Fit Artarmon Decadence Studio Term 2 2022 Timetable



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LEGEND

Pole Classes	
Fitness Classes	
Kids Classes	
Lyra Classes	
Dance Classes	
Sling Classes	
Practice Time	

Week 1 Term 2 start Monday 7th March 2022
 Week 8 Term 2 start Monday 25th April 2022
 Week 1 Term 3 start Monday 2nd May 2022

Aerial Fitness Miss Fit	9.20 am
2* Fundamentals 3* Fundamentals Miss Fit	10.30 am
1* Beginners Pole Miss Fit	11.40 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	4.00 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				
Aerial Fitness John	6.00 pm	4 * Choreography Jacinta	6.00pm			Lyra 1 Beginner Aerial Hoop Lyra 2 John	6.00pm	Bendy Babes Grey Ace	6.00pm	Aerial Yoga Miss Fit	6.00 pm
2 * Choreography Lauren	7.10 pm	Dance with J Jacinta	7.00 pm	2* Fundamentals Reggie	7.10pm	Dance with Grey - Dirty Rock Grey Ace	7.10 pm				
5 * Choreography Lauren	8.20pm	8.00 pm Open Prac Pole & Aerial		3* Fundamentals Reggie	7.10pm	3 * Choreography Grey Ace	8.20 pm				
				1* Beginners Pole Reggie	8.20 pm	8.20 pm Open Prac Pole & Aerial					

Miss Fit Artarmon Hollywood Room

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Lyra Play John	11.50am			5.00 pm Open Prac Pole & Aerial						Lyra 1 Monique	9.30am
5.00 pm Open Prac Pole & Aerial		Lyra 2 John	6.00 pm	Lyra 1 Beginner Aerial Hoop Bron	6.00pm	6* Fundamentals Carla	6.00pm	5.00 pm Open Prac Pole & Aerial		Lyra 2 Monique	9.30am
6* Choreography Carla	6.20 pm			Lyra 4 Monique	7.10 pm					Lyrography Monique	10.40am
4* Fundamentals Carla	8.00 pm	Lyra 1 Beginner Aerial Hoop Moira Sharpe	7.20pm	Lyra 3 Monique	8.20 pm	5* Fundamentals Carla	7.35pm			Lyra 3 Monique	11.50am
										Bungee Play Miss Fit	1.00pm
										2.00 pm Open Prac Pole & Aerial	