

Miss Fit Tower (Upstairs) Studio Castle Hill

Term 2 2022 Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10.10 am 3* Fundamentals Gemma
CLASS FULL 6.00 pm 1* Beginners Pole Sammy B	2* Fundamentals Grey Ace 6.00 pm		6.00 pm Open Prac Pole Only	5.00 pm Open Prac Pole Only	10.10 am 4* Fundamentals Gemma
2* Fundamentals Sammy B 7.10 pm	4* Fundamentals Grey Ace 7.10 pm	2* Fundamentals Bec 7.00 pm	3* Fundamentals Angel 6.00 pm	6.00 pm Open Prac Pole Only	11.20 am 1* Beginners Pole Gemma
3* Fundamentals Kayt 8.20 pm	1* Beginners Pole Gemma 8.30pm	3* Fundamentals Bec 7.00 pm	4* Fundamentals Angel 6.00 pm	Dance with Sammy - 90mins Workshops (not weekly class) Sammy C 7.30pm	11.20 am Open Prac Pole Only
4* Fundamentals Kayt 8.20 pm		7.00 pm Open Prac Pole Only	CLASS FULL 7.10 pm 4* Fundamentals Jacinta		
			3* Choreography Jacinta 8.20 pm		

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 Lyra 2 / Lyra 3 John
			12.30 pm Mums & Bub Pole Sammy C		12.30 pm Lyra 1 / Lyra 2 Kitty Grey
	3.45 pm Kids Aerial Gym (9-12 Years) Miss Fit	3.45 pm Kids Aerial Gym (5-8 Years) Bron			12.30 pm Teen Lyra Kitty Grey
	5.00 pm Teens Pole Fitness Miss Fit	4.45 pm Teen Lyra Bron		4.00 pm Teen Lyra John	1.30 pm Open Prac Pole and Aerial
5.00 pm Open Prac Pole & 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	5.10 pm Kids Aerial Gym (9-12 Years) John	
6.00 pm Lyrography 1 Miss Fit	6.00 pm Aerial Dance Gemma	6.00 pm Lyra 1 Miss Fit	6.00 pm Dance with J Jacinta	6.10 pm CLASS FULL Aerial Yoga John	
7.10 pm 4* Choreography Miss Fit	7.10 pm 5* Fundamentals Gemma	7.20 pm Bendy Babes Miss Fit	7.00 pm Lyra 3 Nique		
8.20 pm 5* Fundamentals Miss Fit			8.00 pm Lyra 2 Nique		
8.20 pm 5* Choreography Miss Fit	8.30pm Rock n Pole Grey Ace				

LEGEND

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

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