

TRIPLE FIVE FITNESS 2020/2021 CHRISTMAS & NEW YEAR TIMETABLE

DATE	RECEPTION	AM CLASSES	PM CLASSES
Monday 21st December	8am-12 (KOKO) 4-8pm (KOKO)	6:00am - GROUP TRAINING (Ramona) 9:15am - STRONGER (Ramona) 10:15am - TRI (Eva) 10:30am - VITALISE CIRCUIT (Ramona)	5:30pm CLASS BY B (Bianca) 6:30pm BOOTI BURN (Eva)
Tuesday 22nd December	8am-12 (PAVANI) 4-8pm (RAMONA)	9:15am - TRI (Bianca) 10:30am - VITALISE STRENGTH (Ramona)	6:00pm CARDIO ABS (Bianca) 7:00pm PILATES (Alex)
Wednesday 23rd December	8am-12 (KOKO) 4-8pm (RAMONA)	6:00am - THT (Ramona) 9:15am - BOOTI-BURN (Ramona) 10:30am - VITALISE FITBALL (Ramona)	5:30pm ARMS & ABS (Eva) 6:30pm BOOTI-BURN (Eva)
Thursday 24th December	8-12pm (PAVANI)	6:00am - TRI CLASS (Eva) 9:30am - STRONGER (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	NO CLASSES
Friday 25th December	CHRISTMAS DAY	NO CLASSES	NO CLASSES
Saturday 26th December	BOXING DAY	NO CLASSES	NO CLASSES
Sunday 27th December	8am-12 (PAVANI)	9:00am - GROUP TRAINING (Alex) 10:00am - YOGA (Meital)	NO CLASSES
Monday 28th December	8am-12 (KOKO) 4-8pm (KOKO)	9:30am - STRONGER (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	6:00pm BOOTI-BURN (Eva)
Tuesday 29th December	8am-12 (PAVANI) 4-8pm (RAMONA)	9:30am - CLASS BY B (Bianca) 10:30am - VITALISE STRENGTH (Ramona)	6:00pm CARDIO ABS (Bianca) 7:00pm PILATES (Alex)
Wednesday 30th December	8am - 12 (KOKO) 4-8pm (MINUK)	9:30am - BOOTI-BURN (Ramona) 10:30am - FITBALL (Ramona)	6:00pm ARMS & ABS (Eva)
Thursday 31st December	8-12pm (RAMONA)	9:30am - STRONGER (Gemma) 10:30am - VITALISE CIRCUIT (Ramona)	NO CLASSES
Friday 1st January	NEW YEARS DAY	NO CLASSES	NO CLASSES
Saturday 2nd January	8am-12 (PAVANI)	9:00am - TRI CLASS (Alex) 10am - PILATES (Alex)	NO CLASSES
Sunday 3rd January	8am-12 (KOKO)	9:00am - GROUP TRAINING (Alex) 10:00am - YOGA (Meital)	NO CLASSES
Monday 4th January	8am-12pm (KOKO) 4-8pm (KOKO)	9:30am - STRONGER (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	6:00pm CLASS BY B (Bianca)
Tuesday 5th January	8am-12pm (PAVANI) 4-8pm (RAMONA)	9:30am - TRI CLASS (Bianca) 10:30am - VITALISE S&S (Ramona)	6:00pm CARDIO ABS (Bianca) 7:00pm PILATES (Alex)
Wednesday 6th January	8am-12 (KOKO) 4-8pm (KOKO)	9:30am - GROUP TRAINING (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	6:00pm BOOTI-BURN (Eva)
Thursday 7th January	9am-12 (PAVANI) 4-8pm (PAVANI)	9:30am - STRONGER (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	5:45pm - THT (Ramona) 6:45pm - YOGA (Meital)
Friday 8th January	8am-12 (RAMONA)	9:30am - TRI CLASS (Eva) 10:30am VITALISE FITBALL (Ramona)	NO CLASSES
Saturday 9th January	8am-12 (RAMONA)	9:00am - TRI CLASS (Eva) 10am - PILATES (Alex)	NO CLASSES
Sunday 10th January	8am-12 (PAVANI)	9:00am - GROUP TRAINING (Ramona) 10:00am - YOGA (Meital)	NO CLASSES

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DATE	RECEPTION	AM CLASSES	PM CLASSES
Monday 11 th January	8am-12 (KOKO) 4-8pm (KOKO))	9:30am – TRI (Eva) 10:30am – VITALISE CIRCUIT (Gemma)	5:30pm CLASS BY B (Bianca) 6:30pm BOOTI BURN (Eva)
Tuesday 12 th January	8am-12 (PAVANI)) 4-8pm (RAMONA)	9:30am – CLASS BY B (Bianca) 10:30am - VIT STRENGTH (Ramona)	6:00pm CARDIO ABS (Bianca) 7:00pm PILATES (Alex)
Wednesday 13 th January	8am-12 (KOKO) 4-8pm (RAMONA)	6:00am - THT (Ramona) 9:30am - BOOTI-BURN (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	5:30pm ARMS & ABS (Eva) 6:30pm BOOTI-BURN (Eva)
Thursday 14 th January	8am-12 (RAMONA) 4-8pm (PAVANI)	6:00am – TRI CLASS (Eva) 9:30am - STRONGER (Gemma) 10:30am - VITALISE CIRCUIT (Ramona)	5:45pm - THT (Ramona) 6:45pm – YOGA (Meital)
Friday 15 th January	8am-12 (RAMONA)	9:30am - TRI CLASS (Eva) 10:30am VITALISE FITBALL (Ramona)	NO CLASSES
Saturday 16 th January	8am-12 (RAMONA)	8:30am – TRI CLASS (Eva) 9:30am -ARMS & ABS (Alex) 10am - PILATES (Alex)	NO CLASSES
Sunday 17 th January	8am-12 (PAVANI)	9:00am - GROUP TRAINING (Ramona) 10:00am - YOGA (Meital)	NO CLASSES
Monday 18 th January	8am-12 (KOKO) 4-8pm (KOKO))	9:30am - STRONGER (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	6:00pm CLASS BY B (Bianca)
Tuesday 19 th January	8am-12 (PAVANI)) 4-8pm (RAMONA)	9:30am - TRI CLASS (Bianca) 10:30am - VIT STRENGTH (Ramona)	6:00pm CARDIO ABS (Bianca) 7:00pm PILATES (Alex)
Wednesday 20 th January	8am - 12 (KOKO) 4-8pm (RAMONA)	9:30am - BOOTI-BURN (Ramona)	6:00pm ARMS & ABS (Eva)
Thursday 21 st January	8-12pm (RAMONA)	9:30am - STRONGER (Gemma) 10:30am - VITALISE CIRCUIT (Ramona)	5:45pm - THT (Ramona) 6:45pm – YOGA (Meital)
Friday 22 nd January	8am-12 (RAMONA)	9:30am - TRI CLASS (Eva) 10:30am VITALISE FITBALL (Ramona)	NO CLASSES
Saturday 23 rd January	8am-12 (RAMONA)	8:30am – TRI CLASS (Eva) 9:30am -ARMS & ABS (Eva)	NO CLASSES
Sunday 24 th January	8am-12 (PAVANI)	9:00am - GROUP TRAINING (Ramona) 10:00am - YOGA (Meital)	
Monday 25 th January	8am-12pm (KOKO) 4-8pm (KOKO)	6:00am – THT (Ramona) 9:30am - STRONGER (Ramona) 10:30am - VITALISE CIRCUIT (Ramona)	6:00pm CLASS BY B(Bianca)
Tuesday 26th January	AUSTRALIA DAY	NO CLASSES	NO CLASSES
Wednesday 27 th January	8am-12 (KOKO) 4-8pm (RAMONA)	9:30am – GROUP TRAINING (Ramona) 10:30am - VIT STRENGTH (Ramona)	6:00pm BOOTI-BURN (Eva)
Thursday 28 th January	8am-12 (RAMONA) 4-8pm (PAVANI)	9:30am – STRONGER (Gemma) 10:30am – VITALISE CIRCUIT (Ramona)	5:45pm - THT (Ramona) 6:45pm – YOGA (Meital)
Friday 29 th January	8am-12 (RAMONA)	6:00am – CLASS BY Bianca 9:30am - TRI CLASS (Eva) 10:30am VITALISE FITBALL (Ramona)	NO CLASSES
Saturday 30 th January	8am-12 (RAMONA)	9:00am - TRI CLASS (Eva) 10am - PILATES (Alex)	NO CLASSES
Sunday 31 st January	8am-12 (PAVANI)	9:00am - GROUP TRAINING (Alex) 10:00am - YOGA (Meital)	NO CLASSES