

**TRIPLE FIVE FITNESS
CHRISTMAS & NEW YEAR TIMETABLE 2021/2022**

DATE	RECEPTION	AM CLASSES	PM CLASSES
Friday 24th December	8am-12pm Ramona	9:15am TRI Eva 10:30am VIT FITBALL Ramona	NO CLASSES
Saturday 25th December	CHRISTMAS DAY	NO CLASSES	NO CLASSES
Sunday 26 th December	BOXING DAY	NO CLASSES	NO CLASSES
Monday 27th December	Public Holiday	NO CLASSES	NO CLASSES
Tuesday 28 th December	Public Holiday	NO CLASSES	NO CLASSES
Wednesday 29th December	8am-12pm Pavani 4pm-8pm Ramona	9:15am BOOTI-BURN Ramona 10:30am VIT CIRCUIT Ramona	5:45pm ARMS & ABS Eva
Thursday 30th December	8am-12pm Ramona 4pm-8pm Pavani	9:30am CARDIO-PILATES Catie 10:30am VIT STRENGTH Ramona	6:00pm YOGA Meital
Friday 31 st December	8am-12pm Ramona	9:30am TRI Eva 10:30am VIT FITBALL Ramona	NO CLASSES
Saturday 1 st January	NEW YEARS DAY	NO CLASSES	NO CLASSES
Sunday 2 nd January	NO STAFF	NO CLASSES	NO CLASSES
Monday 3 rd January	PUBLIC HOLIDAY	NO CLASSES	NO CLASSES
Tuesday 4 th January	8am-12pm Miri 4pm-8pm Ramona	9:30am ARMS & ABS Gemma 10:30am VIT STRENGTH Ramona	6.00pm PILATES Alex
Wednesday 5 th January	8am-12pm Pavani 4pm-8pm Ramona	9:15am BOOTI-BURN Gemma 9:30am CYCLE Tam	5:45pm TOTAL-BODY Eva
Thursday 6 th January	8am-12pm Ramona	9:30am FIT FLOW Eva 10:30am VIT CIRCUIT Ramona	5:45pm THT Ramona 6:45pm YOGA Meital
Friday 7 th January	8am-12pm Ramona	9:15am TRI Eva 10:30am VIT FITBALL Ramona	NO CLASSES
Saturday 8 th January	8am-12pm Ramona	8:30am FIT FLOW Eva 9:00am CYCLE Tam 9:30am PILATES Alex	NO CLASSES
Sunday 9 th January	8am-12pm Pavani	9:00am GROUP TRAIN Gemma	NO CLASSES
Monday 10 th January	8am-12pm Pavani 4-8pm Miri	9:15am STRONGER Ramona 10:30am VITALISE CIRCUIT Ramona	5:45pm TOTAL-BODY Eva (60 mins)
Tuesday 11 th January	8am-12pm Miri 4pm-8pm Ramona	9:30am ARMS & ABS Gemma	7.00pm PILATES Alex
Wednesday 12 th January	8am-12pm Pavani 4pm -8pm Ramona	9:30 CYCLE Tam 10:30am VIT STRENGTH Ramona	5:45pm TOTAL-BODY Eva (60 mins)
Thursday 13 th January	8am-12pm Ramona 4pm -8pm Pavani	9:30am FIT FLOW Eva 10:30am VIT CIRCUIT Ramona	6:00pm YOGA Meital
Friday 14 th January	8am-12pm Ramona	9:15am TRI Eva 10:30am VIT FITBALL Ramona	NO CLASSES
Saturday 15 th January	8am-12pm Ramona	8:30am FIT FLOW Eva 9:00am CYCLE Tam	NO CLASSES

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Sunday 16 th January	8am-12pm Pavani	9:00am GROUP TRAIN Eva	NO CLASSES
Monday 17 th January	8am-12pm Pavani 4-8pm Miri	9:15am STRONGER Ramona 10:30am VITALISE CIRCUIT Ramona	5:30pm ARMS & ABS Eva 6:30pm BOOTI-BURN Eva
Tuesday 18 th January	8am-12pm Miri 4pm-8pm Ramona	9:30am ARMS & ABS Gemma	6:00pm BEACH BOD Eva 7.00pm PILATES Alex
Wednesday 19 th January	8am-12pm Pavani 4pm-8pm Ramona	9:15am BOOTI-BURN Ramona 10:30am VIT STRENGTH Ramona	5:30pm BOOTI/CORE Eva 6:30am ARMS & ABS Ramona
Thursday 20 th January	8am-12pm Ramona	9:30am FIT FLOW Eva 10:30am VIT CIRCUIT Ramona	5:45pm THT Ramona
Friday 21 st January	8am-12pm Ramona	9:15am TRI Eva 10:30am VIT FITBALL Ramona	NO CLASSES
Saturday 22 nd January	8am-12pm Ramona	8:30am FIT FLOW Eva 9:00am CYCLE Tam 9:30am PILATES Alex	NO CLASSES
Sunday 23 rd January	8am-12pm Pavani	9:00am GROUP TRAIN Ramona	NO CLASSES
Monday 24 th January	8am-12pm Pavani 4-8pm Miri	9:15am STRONGER Ramona 10:30am VITALISE CIRCUIT Ramona	5:30pm ARMS & ABS Eva 6:30pm BOOTI-BURN Eva
Tuesday 25 th January	8am-12pm Miri 4pm-8pm Ramona	9:30am ARMS & ABS Gemma 10:30am VIT STRENGTH Ramona	6:00pm BEACH BOD Eva 7.00pm PILATES Alex
Wednesday 26 th Jan	AUSTRALIA DAY	NO CLASSES	NO CLASSES
Thursday 27 th Jan	8am-12pm Ramona	9:30am FIT FLOW Eva 10:30am VIT CIRCUIT Ramona	5:45pm THT Ramona
Friday 28 th Jan	8am-12pm Ramona	9:15am TRI Eva 10:30am VIT FITBALL Ramona	NO CLASSES
Saturday 29 th Jan	8am-12pm Ramona	8:30am FIT FLOW Eva 9:00am CYCLE Tam 9:30am PILATES Alex	NO CLASSES
Sunday 30 th January	8am-12pm Pavani	9:00am GROUP TRAIN Amy	NO CLASSES
Monday 31 st January	8am-12pm Pavani 4-8pm Miri	6am CYCLE Gemma 9:15am STRONGER Ramona 10:30am VIT FITBALL Ramona	5:30pm ARMS & ABS Eva 6:30pm BOOTI-BURN Eva