

TRIPLE FIVE FITNESS

CHRISTMAS & NEW YEAR TIMETABLE 2023/2024

DATE	RECEPTION	AM CLASSES	PM CLASSES
Sunday 24 th December	Pavani 8-12 Gym closes at 12 NO ACCESS	Outside stairs being painted	CLOSED
Monday 25 th December	CHRISTMAS DAY NO ACCESS	CLOSED Outside stairs being painted	CLOSED
Tuesday 26 th December	BOXING DAY	NO CLASSES	NO CLASSES
Wednesday 27 th December	Tahsha 8-12 Lucia 4-8pm	9:15am FIT-FLOW Ramona 10:30am V CIRCUIT Ramona	5:30pm ARMS & ABS Ramona
Thursday 28 th December	Ramona 8-12 Lucia 4-8pm	9:30am BOOTI-BURN Allira 10:30am V CIRCUIT Ramona	5:45pm THT Ramona 6:45pm YOGA Meital
Friday 29 th December	Ramona 8-12	9:15am TRI Allira 10:30am FIT-BALL Ramona	NO CLASSES
Saturday 30 th December	Ramona 8-12	8am CYCLE Gemma 9:00am FIT-FLOW Ramona	NO CLASSES
Sunday 31 st December	Pavani 8-12	NO CLASSES	NO CLASSES
Monday 1 st January 2024	NEW YEARS DAY	NO CLASSES	NO CLASSES
Tuesday 2 nd January	Pavani 8-12 Eliza 4-8pm	9:30am ARMS & ABS Gemma 10:30am V STRENGTH Gemma	6pm BEACH BOD Allira
Wednesday 3 rd January	Tahsha 8-12 Lucia 4-8pm	9:15am FIT-FLOW Ramona 10:30am V CIRCUIT Ramona	5:30pm BOOTI-CORE Ruby
Thursday 4 th January	Ramona 8-12 Lucia 4-8pm	9:30am BOOTI-BURN Koko 10:30am V CIRCUIT Ramona	5:45pm THT Ramona 6:45pm YOGA Meital
Friday 5 th January	Ramona 8-12	9:15am TRI Koko 10:30am FIT-BALL Ramona	NO CLASSES
Saturday 6 th January	Ramona 8-12	8am CYCLE Gemma 9:00am FIT-FLOW Ramona	NO CLASSES
Sunday 7 th January	Pavani 8-12	9:00am GROUP TRAIN Koko 10:15am YOGA Izzy	NO CLASSES
Monday 8 th January	Pavani 8-12 Pavani 4-8pm	9:15am BEACH BOD Koko 10:30am V CIRCUIT Koko	5:30pm BOOTI-BURN Eva 6:30pm CARDIO-PILATES Ruby
Tuesday 9 th January	Pavani 8-12 Eliza 4-8pm	9:30am ARMS & ABS Gemma 10:30am V STRENGTH Gemma	6pm BEACH BOD Eva 6:30pm CYCLE/BOX Koko
Wednesday 10 th January	Tahsha 8-12 Lucia 4-8pm	9:15am FIT-FLOW Ramona 10:30am V CIRCUIT Ramona	5:30pm BOOTI-CORE Ruby 6:30pm ARMS & ABS Ramona
Thursday 11 th January	Ramona 8-12 Lucia 4-8pm	9:30am BOOTI-BURN Molly 10:30am V CIRCUIT Ramona	5:30pm THT Ramona 6:30pm YOGA Meital
Friday 12 th January	Ramona 8-12	9:15am TRI Koko 10:30am FITBALL Ramona	NO CLASSES

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DATE	RECEPTION	AM CLASSES	PM CLASSES
Saturday 13 th January	Ramona 8-12	8am CYCLE Gemma 9:30am FIT-FLOW Ramona	1pm PILATES Caroline
Sunday 14 th January	Pavani 8-12	9:00am GROUP TRAIN Gemma 10:15am YOGA Izzy	NO CLASSES
Monday 15 th January	Pavani 8-12 Pavani 4-8pm	9:15am BEACH BOD Koko 10:30am V CIRCUIT Koko	5:30pm BOOTI-BURN Eva 7:30pm YOGA Meital
Tuesday 16 th January	Pavani 8-12 Pavani 4-8pm	9:30am ARMS & ABS Gemma 10:30am V STRENGTH Gemma	6pm BEACH BOD Eva 6:30pm CYCLE/BOX Koko
Wednesday 17 th January	Tahsha 8-12 Lucia 4-8pm	9:15am FIT-FLOW Ramona 10:30am V CIRCUIT Ramona	5:30pm BOOTI-CORE Allira 6:30pm ARMS & ABS Ramona
Thursday 18 th January	Ramona 8-12 Lucia 4-8pm	9:30am BOOTI-BURN Molly 10:30am V CIRCUIT Ramona	5:45pm THT Ramona 6:45pm YOGA Izzy
Friday 19 th January	Ramona 8-12	9:15am TRI Koko 10:30am FITBALL Ramona	NO CLASSES
Saturday 20 th January	Ramona 8-12	8am CYCLE Koko 9:00am FIT-FLOW Molly	1pm PILATES Caroline
Sunday 21 st January	Pavani 8-12	9:00am GROUP TRAIN Molly 10:15am YOGA Izzy	NO CLASSES
Monday 22 nd January	Pavani 8-12 Pavani 4-8pm	9:15am BEACH BOD Koko 10:30am V CIRCUIT Koko	5:30pm BOOTI-BURN Eva 6:30pm CARDIO-PILATES Ruby 7:30pm YOGA Meital
Tuesday 23 rd January	Pavani 8-12 Eliza 4-8pm	9:30am ARMS & ABS Gemma 10:30am V STRENGTH Gemma	6pm BEACH BOD Eva 6:30pm CYCLE/BOX Koko
Wednesday 24 th January	Tahsha 8-12 Lucia 4-8pm	9:15am FIT-FLOW Ramona 10:30am V CIRCUIT Ramona	5:30pm BOOTI-CORE Ruby 6:30pm ARMS & ABS Ramona
Thursday 25 th January	Ramona 8-12 Lucia 4-8pm	9:30am BOOTI-BURN Molly 10:30am V CIRCUIT Ramona	5:45pm THT Ramona 6:45pm YOGA Meital
Friday 26 th January	AUSTRALIA DAY	NO CLASSES	NO CLASSES
Saturday 27 th January	Ramona 8-12	8am CYCLE Allira 9:00am FIT-FLOW Molly	1pm PILATES Caroline
Sunday 28 th January	Pavani 8-12	9:00am GROUP TRAIN Ruby 10:15am YOGA Izzy	NO CLASSES
Monday 29 th January	Pavani 8-12 Pavani 4-8pm	6am STRONG-FIT Allira 9:15am BEACH BOD Koko 10:30am V CIRCUIT Koko	5:30pm BOOTI-BURN Eva 6:30pm CARDIO-PILATES Ruby 7:30pm YOGA Meital
Tuesday 30 th January	Pavani 8-12 Eliza 4-8pm	6am GROUP TRAINING Molly 9:30am ARMS & ABS Gemma 10:30am V STRENGTH Gemma	6pm BEACH BOD Eva 6:30pm CYCLE/BOX Koko
Wednesday 31 st January	Tahsha 8-12 Lucia 4-8pm	6am ARMS & ABS Caroline 9:15am FIT-FLOW Ramona 10:30am V CIRCUIT Ramona	5:30pm BOOTI-CORE Ruby 6:30pm ARMS & ABS Ramona