

RAW DONNYBROOK CLASS TIMETABLE

MONDAY

Time	Class	Length	Studio	Instructor
6:15	Les Mills RPM	45min	Beatz Studio	Aogan
7:05	Les Mills BodyPump	45min	Pulse Studio	Kathleen
9:30	Yoga	45min	Pulse Studio	Kathleen
12:45	SwingIT	30min	Astro	Aogan
17:40	Les Mills Core	30min	Pulse Studio	Karl
18:40	Rig360 (Int/Adv)	45min	Rig Zone	Chrissy
19:10	Les Mills RPM	45min	Beatz Studio	Hannah
20:05	ProBox	45min	Box Zone	Chrissy
20:30	Pilates	45min	Pulse Studio	Chris

TUESDAY

Time	Class	Length	Studio	Instructor
6:15	TripleA	45min	Astro	Katie
7:05	Les Mills Core	30min	Pulse Studio	Aogan
9:30	Suspense	30min	Astro	Katie
12:45	Rig360 (Int/Adv)	30min	Rig Zone	Aogan
17:40	SwingIT	30min	Astro	Hannah
18:40	Les Mills RPM	45min	Beatz Studio	Karl
19:10	Les Mills BodyPump	45min	Pulse Studio	Chrissy
20:05	Rig360 (Int/Adv)	45min	Rig Zone	Chrissy
20:30	Yoga	45min	Pulse Studio	Chris

WEDNESDAY

Time	Class	Length	Studio	Instructor
6:15	Les Mills BodyPump	45min	Pulse Studio	Chrissy
7:05	Les Mills RPM	45min	Beatz Studio	Kathleen
9:30	Yoga	45min	Pulse Studio	Kathleen
12:45	Suspense	30min	Astro	Chrissy
17:40	TripleA	45min	Astro	Hannah
18:40	ProBox	45min	Box Zone	Hannah
19:10	Les Mills BodyPump	45min	Pulse Studio	Aogan
20:05	Les Mills RPM	45min	Beatz Studio	Aogan
20:30	Pilates	45min	Pulse Studio	Chris

THURSDAY

Time	Class	Length	Studio	Instructor
6:15	ProBox	45min	Box Zone	Chrissy
7:05	Rig360 (Int/Adv)	45min	Rig Zone	Chrissy
9:30	Pilates	45min	Pulse Studio	Kathleen
12:45	Les Mills BodyPump	30min	Pulse Studio	Karl
17:40	Yoga	45min	Pulse Studio	Aogan
18:40	Les Mills RPM	45min	Beatz Studio	Katie
19:10	Les Mills Core	30min	Pulse Studio	Aogan
20:05	Suspense	30min	Astro	Katie

FRIDAY

Time	Class	Length	Studio	Instructor
6:15	Les Mills RPM	45min	Beatz Studio	Chrissy
7:05	TripleA	45min	Astro	Hannah
9:30	SwingIT	30min	Astro	Chrissy
12:45	Yoga (Vinyasa)	35min	Pulse Studio	Kathleen
17:40	Les Mills BodyPump	45min	Pulse Studio	Katie
18:40	Pilates	45min	Pulse Studio	Kathleen
19:10	Rig360 (Int/Adv)	45min	Rig Zone	Katie

SATURDAY

Time	Class	Length	Studio	Instructor
10:05	Les Mills RPM	45min	Beatz Studio	Kathleen
11:10	Les Mills BodyPump	45min	Pulse Studio	Nicola
12:10	Pilates	45min	Pulse Studio	Kathleen
14:05	Suspense	30min	Astro	Nicola

SUNDAY

Time	Class	Length	Studio	Instructor
10:05	Les Mills BodyPump	45min	Pulse Studio	Katie
11:10	Rig360 (Int/Adv)	45min	Rig Zone	Katie
12:10	Raw60	60min	Astro	Finbar
14:05	TripleA	45min	Astro	Finbar

Classes are on a first come first served basis

Please arrive 10 minutes early to each class

All classes are subject to change

Pulse & Beatz Studio are on level -2

LES MILLS