

# RAW DONNYBROOK

# CLASS TIMETABLE

JANUARY - MARCH 2020



## MONDAY

Time	Class	Length	Studio
06:30	Les Mills RPM	30min	Beatz Studio
07:05	Les Mills BodyPump	45min	Pulse Studio
08:00	Yoga (Vinyasa)	30min	Pulse Studio
10:05	Suspense	30min	Astro
12:30	Raw Group	30min	Astro
17:40	Les Mills Core	30min	Pulse Studio
18:40	Rig360 (Int/Adv)	45min	Rig Zone
19:10	Les Mills RPM	45min	Beatz Studio
20:05	ProBox	45min	Box Zone
20:30	Pilates	45min	Pulse Studio

## TUESDAY

Time	Class	Length	Studio
06:30	Les Mills Core	30min	Pulse Studio
07:05	ProBox	45min	Box Zone
08:00	Pilates Express	30min	Pulse Studio
10:05	TripleA	45min	Astro
12:30	Raw Group	30min	Astro
17:40	SwingIT	30min	Astro
18:40	Les Mills RPM	45min	Beatz Studio
19:10	Les Mills BodyPump	45min	Pulse Studio
20:05	Suspense	30min	Astro
20:30	Yoga	45min	Pulse Studio

## WEDNESDAY

Time	Class	Length	Studio
06:30	Les Mills BodyPump	30min	Pulse Studio
07:05	Les Mills RPM	45min	Beatz Studio
08:00	Rig360 (Int/Adv)	30min	Rig Zone
10:05	Yoga	45min	Pulse Studio
12:30	Raw Group	30min	Astro
17:40	TripleA	45min	Astro
18:40	ProBox	45min	Box Zone
19:10	Les Mills BodyPump	45min	Pulse Studio
20:05	Les Mills RPM	45min	Beatz Studio
20:30	Pilates	45min	Pulse Studio

## THURSDAY

Time	Class	Length	Studio
06:30	ProBox	30min	Box Zone
07:05	Rig360 (Int/Adv)	45min	Rig Zone
08:00	Les Mills Core	30min	Pulse Studio
10:05	Pilates	45min	Pulse Studio
12:30	RawGroup	30min	Astro
17:40	Suspense	30min	Astro
18:40	Les Mills RPM	45min	Beatz Studio
19:10	Yoga	45min	Pulse Studio
20:05	Les Mills Core	30min	Pulse Studio

## FRIDAY

Time	Class	Length	Studio
6:30	Les Mills RPM	30min	Beatz Studio
7:05	TripleA	45min	Astro
8:00	SwingIT	30min	Astro
10:05	Pilates	45min	Pulse Studio
12:30	Raw Group	30min	Astro
17:40	Les Mills BodyPump	45min	Pulse Studio
18:40	Pilates	45min	Pulse Studio

## SATURDAY

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

## SUNDAY

Time	Class	Length	Studio
10:05	Les Mills BodyPump	45min	Pulse Studio
11:10	Rig360 (Int/Adv)	45min	Rig Zone
12:10	Raw60	60min	Astro
14.05	SwingIT	30min	Astro

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

# RAW SANDYFORD

## CLASS TIMETABLE



JANUARY - MARCH 2020

### MONDAY

Time	Class	Length	Studio
6:15	HIIT Cycle	45min	Studio
7:00	Swing IT	45min	Functional Zone
8:00	RawZero	30min	Functional Zone
9:45	RawGroup	35 min	Studio
12:45	Flatline	30min	Functional Zone
17:30	Rig360 (Int/Adv)	45min	Functional Zone
18:30	Spin Express	30min	Studio
19:15	777	30min	Studio
20:15	RawZero	30min	Studio

### TUESDAY

Time	Class	Length	Studio
6:15	Barbell Club	45min	Functional Zone
7:00	TripleA	45mins	Studio
9:30	RawZero	30min	Functional Zone
10:30	Baby and Me	45mins	Studio
12:45	777	30min	Functional Zone
13:45	Swing IT	30min	Functional Zone
17:30	TripleA	45min	Functional Zone
18:15	Probox	45 min	Box Zone
18:30	HIIT Cycle	45min	Studio
19:30	RawZero	30mins	Functional Zone

### WEDNESDAY

Time	Class	Length	Studio
6:1am	Spin Express	45min	Studio
7:00	Barbell Club	45min	Functional Zone
9:45	RawZero	30mins	Studio
12:45	HIIT Cycle Express	30min	Studio
17:30	Rig 360	45min	Functional Zone
18:30	TripleA	45min	Functional Zone
19:30	HIIT Cycle	45min	Studio
20:15	777	35min	Functional Zone

### THURSDAY

Time	Class	Length	Studio
6:15	Suspense & KB	45mins	Functional Zone
7:00	HIIT Cycle Express	30min	Studio
9:45	RawGroup	30min	Functional Zone
12:45	Rig360	30min	Functional Zone
17:30	Barbell Club	45min	Functional Zone
18:15	ProBox	45 min	Box Zone
18:30	Spin	35mins	Studio
19:15	777	45min	Functional Zone

### FRIDAY

Time	Class	Length	Studio
6:15	HIIT Cycle	45min	Studio
7:00	TRX - Yoga	45min	Functional Zone
9:45	HIIT Pilates	45mins	Studio
12:45	Probox	30min	Box Zone
13:20	HIIT Cycle Express	30min	Studio
17:15	Barbell Club	30mins	Studio
18:00	777	30min	Functional Zone

### SATURDAY

Time	Class	Length	Studio
10:00	Spin	45min	Studio
11:15	R360	45min	Functional Zone
12:15	RawZero	30mins	Functional Zone

### SUNDAY

Time	Class	Length	Studio
10:00	Hiit Cycle	45min	Studio
11:15	Flatline	45min	Functional Zone
12:15	Barbell Club	45min	Functional Zone

Classes are on a first come first served basis

Please arrive 5 minutes early to each class

All classes are subject to change

Minimum Number of 1 required for class to go ahead.