



Raw Burn Donnybrook

7th Sept - 6th Dec 2020

MONDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Les Mills RPM	45 mins	Beatz
07:15	Raw Power	30 mins	Pump
09:30	Les Mills Core	30 mins	Pump
12:30	Raw Cardio	30 mins	Astro
17:00	Raw Suspense	30 mins	Astro
18:10	Les Mills BodyPump	45 mins	Pump
19:15	Les Mills RPM	45 mins	Beatz
20:05	Raw Cardio	30 mins	Astro

TUESDAY

TIME	CLASS	LENGTH	STUDIO
07:15	Les Mills BodyPump	45 mins	Pump
10:00	Raw Cardio	30 mins	Astro
12:30	Raw Suspense	30 mins	Astro
17:00	Raw Kettlebell	30 mins	Astro
18:10	Les Mills RPM	45 mins	Beatz
18:40	Raw Shadow Box	30 mins	Boxing
19:15	Les Mills BodyPump	45 mins	Pump
20:05	Raw Suspense	30 mins	Astro

WEDNESDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Les Mills RPM	45 mins	Beatz
07:15	Raw Cardio	30 mins	Astro
12:30	Raw Glute	30 mins	Pump
17:00	Les Mills Core	30 mins	Pump
17:30	Raw Cardio	30 mins	Astro
18:10	Les Mills BodyPump	45 mins	Pump
18:40	Raw Kettlebell	30 mins	Astro
20:05	Les Mills RPM	45 mins	Beatz

THURSDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Les Mills BodyPump	45 mins	Pump
10:00	Les Mills Core	30 mins	Pump
17:30	Raw Suspense	30 mins	Astro
18:10	Les Mills RPM	45 mins	Beatz
18:40	Raw Shadow Box	30 mins	Boxing
19:15	Les Mills Core	30 mins	Pump
20:05	Raw Glute	30 mins	Astro

FRIDAY

TIME	CLASS	LENGTH	STUDIO
09:30	Raw Kettlebell	30 mins	Astro
12:30	Raw Cardio	30 mins	Astro
16:30	Raw Glute	30 mins	Pump
17:30	Les Mills Core	30 mins	Pump
18:10	Les Mills RPM	45 mins	Beatz

SATURDAY

TIME	CLASS	LENGTH	STUDIO
10:10	Les Mills RPM	45 mins	Beatz
11:10	Les Mills BodyPump	45 mins	Pump
13:10	Raw Kettlebell	30 mins	Astro

SUNDAY

TIME	CLASS	LENGTH	STUDIO
10:10	Les Mills Core	30 mins	Pump
12:10	Les Mills RPM	45 mins	Beatz

ATTITUDE IS EVERYTHING