



Raw Burn Sandyford

7th Sept - 6th Dec 2020

MONDAY

TIME	CLASS	LENGTH	STUDIO
06:20	Raw Cycle	45 mins	Studio
08:00	Raw Cardio	30 mins	Astro
09:30	Raw Glute	30 mins	Astro
10:30	Raw Kettlebell	30 mins	Astro
12:30	HIIT Cycle	30 mins	Studio
17:30	Raw Cardio	30 mins	Astro
18:15	Raw Core	30 mins	Astro
19:10	Raw Cycle	45 mins	Studio

TUESDAY

TIME	CLASS	LENGTH	STUDIO
07:15	Raw Core	30 mins	Astro
10:30	Raw Kettlebell	30 mins	Astro
12:30	HIIT Cycle	30 mins	Studio
13:15	Raw Cardio	30 mins	Astro
16:30	Raw Glute	30 mins	Astro
17:30	Raw Core	30 mins	Astro
18:15	Raw Cycle	45 mins	Studio
19:10	Raw Shadow Box	30 mins	Boxing
20:15	Raw Kettlebell	30 mins	Astro

WEDNESDAY

TIME	CLASS	LENGTH	STUDIO
06:20	HIIT Cycle	45 mins	Studio
07:15	Raw Cardio	30 mins	Astro
08:00	Raw Glute	30 mins	Astro
12:30	HIIT Cycle	30 mins	Studio
13:15	Raw Kettlebell	30 mins	Astro
18:15	Raw Pump	45 mins	Astro
19:10	Raw Cycle	45 mins	Studio

THURSDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Raw Core	30 mins	Astro
09:30	Raw Pump	45 mins	Astro
12:30	Raw Core	30 mins	Astro
13:15	Raw Cycle	45 mins	Studio
17:30	Raw Shadow Box	30 mins	Boxing
18:15	Raw Pump	45 mins	Astro
19:10	Raw Kettlebell	30 mins	Astro
19:10	Raw Shadow Box	30 mins	Boxing

FRIDAY

TIME	CLASS	LENGTH	STUDIO
06:20	HIIT Cycle	45 mins	Studio
09:30	Raw Pump	45 mins	Astro
12:30	Raw Glute	30 mins	Astro
13:15	HIIT Cycle	30 mins	Studio

SATURDAY

TIME	CLASS	LENGTH	STUDIO
11:15	Raw Cycle	45 mins	Studio
12:10	Raw Core	30 mins	Astro
13:10	Raw Cardio	30 mins	Astro

SUNDAY

TIME	CLASS	LENGTH	STUDIO
11:15	Raw Cycle	45 mins	Studio
12:10	Raw Pump	45 mins	Astro

ATTITUDE IS EVERYTHING