



Raw Flow Sandyford & Donnybrook

7th Sept - 6th Dec 2020

MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
16:30	Pilates	30 mins	Sandyford
17:30	Vinyasa Yoga	30 mins	Donnybrook
20:00	Pilates	45 mins	Sandyford
20:30	Pilates	45 mins	Donnybrook

TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
17:30	Pilates Express	30 mins	Donnybrook
20:30	Yoga	30 mins	Donnybrook

WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
09:30	Yoga	30 mins	Donnybrook
20:00	Silent Yoga	45 mins	Sandyford
20:30	Pilates	45 mins	Donnybrook

THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
16:30	Pilates Express	30 mins	Donnybrook
20:15	Pilates	45 mins	Sandyford
20:30	Yoga	45 mins	Donnybrook

FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
07:15	Pilates	45 mins	Sandyford
07:15	Pilates	45 mins	Donnybrook
19:10	Pilates	45 mins	Sandyford
19:15	Yoga	45 mins	Donnybrook

SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
09:10	Yoga	45 mins	Donnybrook

SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>LOCATION</u>
09:10	Pilates	45 mins	Sandyford
11:10	Yogalates	45 mins	Donnybrook
13:10	Silent Yoga	45 mins	Sandyford

ATTITUDE IS EVERYTHING