



# Raw Strength Donnybrook

7th Sept - 6th Dec 2020

## MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
07:15	Raw Power	30 mins	Pump
09:30	Les Mills Core	30 mins	Pump
17:00	Raw Suspense	30 mins	Astro
18:10	Les Mills BodyPump	45 mins	Pump
18:40	Raw Power	30 mins	Astro

## TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
06:30	Raw Power	30 mins	Pump
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
19:15	Les Mills BodyPump	45 mins	Pump
20:05	Raw Suspense	30 mins	Astro

## WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
12:30	Raw Glute	30 mins	Pump
17:00	Les Mills Core	30 mins	Pump
18:10	Les Mills BodyPump	45 mins	Pump
18:40	Raw Kettlebell	30 mins	Astro
19:15	Raw Power	30 mins	Pump

## THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
06:30	Les Mills BodyPump	45 mins	Pump
10:00	Les Mills Core	30 mins	Pump
17:30	Raw Suspense	30 mins	Astro
19:15	Les Mills Core	30 mins	Pump
20:05	Raw Glute	30 mins	Astro

## FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
09:30	Raw Kettlebell	30 mins	Astro
16:30	Raw Glute	30 mins	Pump
17:30	Les Mills Core	30 mins	Pump

## SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
11:10	Les Mills BodyPump	45 mins	Pump
12:10	Raw Power	30 mins	Pump
13:10	Raw Kettlebell	30 mins	Astro

## SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
10:10	Les Mills Core	30 mins	Pump

ATTITUDE IS EVERYTHING