



Raw Strength Sandyford

7th Sept - 6th Dec 2020

MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
07:15	Raw Power	30 mins	Astro
09:30	Raw Glute	30 mins	Astro
10:30	Raw Kettlebell	30 mins	Astro
13:15	Raw Power	30 mins	Astro
18:15	Raw Core	30 mins	Astro

TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
06:30	Raw Power	30 mins	Astro
07:15	Raw Core	30 mins	Astro
09:30	Raw Power	30 mins	Astro
10:30	Raw Kettlebell	30 mins	Astro
16:30	Raw Glute	30 mins	Astro
17:30	Raw Core	30 mins	Astro
19:10	Raw Pump	45 mins	Astro
20:15	Raw Kettlebell	30 mins	Astro

WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
08:00	Raw Glute	30 mins	Astro
09:30	Raw Power	30 mins	Astro
13:15	Raw Kettlebell	30 mins	Astro
17:30	Raw Power	30 mins	Astro
18:15	Raw Pump	45 mins	Astro

THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
06:30	Raw Core	30 mins	Astro
07:15	Raw Power	30 mins	Astro
09:30	Raw Pump	45 mins	Astro
12:30	Raw Core	30 mins	Astro
18:15	Raw Pump	45 mins	Astro
19:10	Raw Kettlebell	30 mins	Astro

FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
09:30	Raw Pump	45 mins	Astro
12:30	Raw Glute	30 mins	Astro
18:15	Raw Power	30 mins	Astro

SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
10:10	Raw Power	30 mins	Astro
12:10	Raw Core	30 mins	Astro

SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>LENGTH</u>	<u>STUDIO</u>
10:10	Raw Power	30 mins	Astro
12:10	Raw Pump	45 mins	Astro

ATTITUDE IS EVERYTHING