



Sandyford Timetable

7th Sept - 6th Dec 2020

MONDAY

TIME	CLASS	LENGTH	STUDIO
06:20	Raw Cycle	45 mins	Studio
07:15	Raw Power	30 mins	Astro
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
13:15	Raw Power	30 mins	Astro
16:30	Pilates	30 mins	Astro
17:30	Raw Cardio	30 mins	Astro
18:15	Raw Core	30 mins	Astro
19:10	Raw Cycle	45 mins	Studio
20:00	Pilates	45 mins	Astro

TUESDAY

TIME	CLASS	LENGTH	STUDIO
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
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
19:10	Raw Pump	45 mins	Astro
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
09:30	Raw Power	30 mins	Astro
12:30	HIIT Cycle	30 mins	Studio
13:15	Raw Kettlebell	30 mins	Astro
17:30	Raw Power	30 mins	Astro
18:15	Raw Pump	45 mins	Astro
19:10	Raw Cycle	45 mins	Studio
20:00	Silent Yoga	45 mins	Astro

THURSDAY

TIME	CLASS	LENGTH	STUDIO
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
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
20:15	Pilates	45 mins	Astro

FRIDAY

TIME	CLASS	LENGTH	STUDIO
06:20	HIIT Cycle	45 mins	Studio
07:15	Pilates	45 mins	Astro
09:30	Raw Pump	45 mins	Astro
11:10	Silent Yoga	45 mins	Astro
12:30	Raw Glute	30 mins	Astro
13:15	HIIT Cycle	30 mins	Studio
18:15	Raw Power	30 mins	Astro
19:10	Pilates	45 mins	Astro

SATURDAY

TIME	CLASS	LENGTH	STUDIO
10:10	Raw Power	30 mins	Astro
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
09:10	Pilates	45 mins	Astro
10:10	Raw Power	30 mins	Astro
11:15	Raw Cycle	45 mins	Studio
12:10	Raw Pump	45 mins	Astro
13:10	Silent Yoga	45 mins	Astro

ATTITUDE IS EVERYTHING