



RAW

Live Class Timetable

Monday

07:15 Raw Cardio
09:30 Raw Core
13:05 Yoga
18:15 Raw Power

Tuesday

07:15 Raw Power
09:30 Pilates
13:05 Raw Core
18:15 Raw Cardio

Wednesday

07:15 Yoga
09:30 Raw Cardio
13:05 Raw Power
18:15 Raw Core

Thursday

07:15 Raw Core
09:30 Raw Power
13:05 Raw Cardio
18:15 Pilates

Friday

09:30 Raw Cardio
13:05 Raw Core

Saturday

10:00 Yogalates
11:00 Raw Cardio

ATTITUDE IS EVERYTHING