



Live Class Timetable

Monday

07:15	Raw Cardio	30 mins
09:15	Raw Core	30 mins
12:00	Instagram Live	30 mins
18:15	Raw Power	30 mins
19:15	Pilates	30 mins

Tuesday

07:15	Raw Power	30 mins
09:15	Pilates	30 mins
12:00	Instagram Live	30 mins
18:15	Raw Core	30 mins
19:15	Raw Cardio	30 mins

Wednesday

07:15	Yoga	30 mins
09:15	Raw Cardio	30 mins
12:00	Instagram Live	30 mins
18:15	Pilates	30 mins
19:15	Raw Power	30 mins

Thursday

07:15	Raw Cardio	30 mins
09:15	Raw Power	30 mins
12:00	Instagram Live	30 mins
18:15	Raw Cardio	30 mins
19:15	Yoga	30 mins

Friday

07:15	Raw Core	30 mins
09:15	Yoga	30 mins
12:00	Instagram Live	30 mins

Saturday

10:15	Yogalates	30 mins
11:15	Raw Core	30 mins

ATTITUDE IS EVERYTHING