

# RAW DONNYBROOK CLASS TIMETABLE

## MONDAY

6:15	RPM	45min	Beatz Studio
7:00	BodyPump	30min	Pulse Studio
9:30	Yoga	45min	Pulse Studio
12:45	TripleA	30min	Functional Zone
18:45	Rig360	45min	Rig Zone
19:15	RPM	45min	Beatz Studio
20:00	Suspense	45min	Functional Zone

## TUESDAY

6:15	BodyPump	45min	Pulse Studio
7:00	TripleA	45min	Functional Zone
9:30	Suspense	30min	Functional Zone
12:45	Rig360	30min	Rig Zone
18:45	RPM	45min	Beatz Studio
19:15	SwingIT	30min	Functional Zone
20:00	Pilates	45min	Pulse Studio

## WEDNESDAY

6:15	Rig360	45min	Rig Zone
7:00	BodyPump	45min	Pulse Studio
9:30	RPM	45min	Beatz Studio
12:45	Suspense	30min	Functional Zone
18:45	ProBox	45min	Box Zone
19:15	Yoga	45min	Pulse Studio
20:00	RPM	45min	Beatz Studio

## THURSDAY

6:15	Suspense	30min	Functional Zone
7:00	Rig360	45min	Rig Zone
9:30	Yoga	45min	Pulse Studio
12:45	SwingIT	30min	Functional Zone
18:45	RPM	45min	Beatz Studio
19:15	BodyPump	45min	Pulse Studio
20:00	ProBox	45min	Box Zone

## FRIDAY

6:15	Pilates	45min	Pulse Studio
7:00	TripleA	45min	Functional Zone
9:30	BodyPump	45min	Pulse Studio
12:15	Prehab	20min	Functional Zone
12:45	Rig360	30min	Rig Zone
19:15	TripleA	45min	Functional Zone

## SATURDAY

10:05	BodyPump	45min	Pulse Studio
12:15	Pilates	45min	Pulse Studio
14:00	RPM	45min	Beatz Studio

## SUNDAY

10:05	RPM	45min	Beatz Studio
12:15	RAW60	60min	Functional Zone
14:00	Rig360	45min	Rig Zone

Classes are on a first come first served basis

Please arrive 10 minutes early to each class

All classes are subject to change

Pulse (studio 1) and Beatz (studio 2)  
are located on level -2

# LES MILLS