

Rauform Buddy Burn 6 Week Challenge

Duration: 23rd of Feb 2026 - 13th of April 2026

Buddy Up: Pairs

Cost: \$480 /person (30-class pack, only \$16 per class - use across 6/7 weeks)

What's Included:

Pre-challenge 1:1 goal-setting with Sandy
Weekly check-ins

Rauwards points system for buddy rewards (details below)
Post-challenge review with Sandy + 10% discount on next class pack for all participants
Challenge T shirt plus 2 Free classes on completion

Prizes for Top Teams

1st Place: \$200 Endota spa voucher plus 5 class pack
2nd Place: \$100 Rebel Sport voucher plus 4 class pack
3rd Place: \$50 Yolk voucher plus 3 free class pack

Class Types & Points System Rauformer:

Rauformer (Pilates reformer & Mat Pilates): 10 points/class
Fusion (cardio fusion, strength fusion, core focus, maple pole, jump board): 15 points/class
Cardio Circuit/Strength Circuit/ 50/50 class /Triple Threat : 20 points/class

Extra Challenges for Points

Boost your team's score with these weekly tasks :

Cook a Rauform Recipe: Snap a photo cooking a weekly recipe (15 points).
Outdoor Activity: Run/walk/bike a total of 200 km together in 6 weeks (40 points)
5000 squats + push ups combined (40 points)
One tough shared workout weekly: must send proof sweaty selfie, watch screenshot (40 points)
Weekly Mystery Challenge: Unique tasks for each Pair to complete (40 points).

Class Streak:

Complete 5 classes in one week (25 points)
Complete 7 classes in a week (30 points)
Complete 3 classes in a day (35 points)

