



JUNE 2017
GROUP FITNESS SCHEDULE
 905-303-9900 www.purefxfitness.com

STUDIO HOURS:

Mon–Thu: 5am – 11pm

Friday: 5am–10pm

Sat: 6am–6pm

Sun: 8am–5pm

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***We reserve the right to change the schedule without notice**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				NO AM CLASS 20/20/20 NEW 7pm –8 Ashley KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly	RIDE N ABS 8:45 am – 9:45 Ashley ZUMBA 9:50 am – 10-50 Tania
4	5	6	7	8	9	10
PFX BOOTCAMP 9:30 am – 10:30 Ashley	NO AM CLASS SPIN 7:15 pm -8 Sophia BODY BLITZ 7 pm – 8 Kelly	PFX HIIT 9:15am -10:15 Ashley PFX HIIT 7pm – 8 Larissa KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly RIDE N ABS 9:15 am –10:45 Maria PEDAL N PUMP 6:30 pm – 7:30 Ashley VINYASA FLOW YOGA 7:35 pm – 8:35 Sophia	NO AM CLASS STRETCH, BEND N EXTEND 7pm –8 Ashley KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly PFX BARRE 9:15am -10:15	RIDE N ABS 8:45 am – 9:45 Sophia
11	12	13	14	15	16	17
VINYASA FLOW YOGA 9:30 am – 10:30 Sophia	NO AM CLASS SPIN 7:15-8 pm Sophia BODY BLITZ 7 pm – 8 Kelly	PFX HIIT 9:15am -10:15 Ashley PFX HIIT 7pm –8 Michelle KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly RIDE N ABS 9:15 am –10:45 Maria PEDAL N PUMP 6:30 pm – 7:30 Ashley PFX BARRE 7:35pm – 8:35 Sophia	NO AM CLASS 20/20/20 NEW 7pm –8 Ashley KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly MUSCLE MIX 9:15am -10:15 Maria	RIDE N ABS 8:45am – 9:45 Ashley ZUMBA 9:50 am– 10-50 Tania
18	19	20	21	22	23	24
VINYASA FLOW YOGA 9:30 am – 10:30 Sophia	NO AM CLASS SPIN 7:15 pm -8 Sophia BODY BLITZ 7 pm – 8 Kelly	PFX HIIT 9:15am -10:15 Ashley PFX HIIT 7pm – 8 Michelle KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly RIDE N ABS 9:15 am –10:15 Maria PEDAL N PUMP 6:30 pm – 7:30 Ashley RESORATIVE YOGA 7:35pm – 8:35 Sophia	NO AM CLASS STRETCH, BEND N EXTEND 7pm – 8 Ashley KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly PFX BARRE 9:15am -10:15	RIDE N ABS 8:45 am – 9:45 Ashley ZUMBA 9:50 am– 10-50 Tania
25	26	27	28	29	30	
PFX BOOTCAMP 9:30 am – 10:30 Ashley	NO AM CLASS SPIN 7:15-8 pm Sophia BODY BLITZ 7 pm – 8 Kelly	PFX HIIT 9:15am -10:15 Ashley PFX HIIT 7pm – 8 Michelle KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly RIDE N ABS 9:15 am –10:45 Maria PEDAL N PUMP 6:30 pm – 7:30 Ashley PFX BARRE 7:35pm – 8:35 Sophia	NO AM CLASS 20/20/20 NEW 7pm – 8 Ashley KICK BOX 7pm – 8 Joe	SPIN 6am – 6:45 Kelly MUSCLE MIX 9:15am -10:15 Maria	