



MARCH 2020

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**

Highlighted classes require online reservations

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
POWER FLOW YOGA 8:30 am – 9:30 Kim	MUSCLE N IRON 9:30 am– 10:15 Vanessa SPIN 7:30pm – 8:15 Sandro ONE MORE REP 7:15 pm – 8:15 Shirley	BELOW THE BELT 7pm – 8 Eva SPIN 7pm – 7:45 Sandro HIIB 7pm – 8 Dave CANDLELIT RECOVERY YOGA 8:10pm -9:25 Juliana	STRIDE N SHED 9:30 am – 10:15 Ashley SPIN 5:30pm – 6:15 Angela MAT PILATES 7pm – 8 Ashley	20/20/20 7pm – 8 Ashley SPIN 7pm – 7:45 Sandro	PFX HIIT 9:30 am-10:15 Vanessa SPIN 5:30 pm – 6:15 Sandro	SPIN 8:30 am – 9:15 Angela
8	9	10	11	12	13	14
YING YOGA 8:30 am – 9:30 Kim	MUSCLE N IRON 9:30 am– 10:15 Vanessa SPIN 7:30pm – 8:15 Sandro ONE MORE REP 7:15 pm – 8:15 Shirley	BELOW THE BELT 7pm – 8 Eva SPIN 7pm – 7:45 Sandro HIIB 7pm – 8 Dave CANDLELIT RECOVERY YOGA 8:10pm -9:25 Juliana	STRIDE N SHED 9:30 am – 10:15 Ashley SPIN 5:30pm – 6:15 Angela MAT PILATES 7pm – 8 Ashley	20/20/20 7pm – 8 Ashley SPIN 7pm – 7:45 Sandro BAGS N PADS 8 pm – 9 Dave	PFX HIIT 9:30 am-10:15 Vanessa SPIN 5:30 pm – 6:15 Sandro	SPIN 8:30 am – 9:15 Shirley
15	16	17	18	19	20	21
POWER FLOW YOGA 8:30 am – 9:30 Kim	MUSCLE N IRON 9:30 am– 10:15 Vanessa SPIN 7:30 pm- 8:15 Sandro ONE MORE REP 7:15 pm – 8:15 Shirley	BELOW THE BELT 7pm – 8 Eva SPIN 7pm – 7:45 Sandro HIIB 7pm – 8 Dave CANDLELIT RECOVERY YOGA 8:10pm -9:25 Juliana Come in your PJS	STRIDE N SHED 9:30 am– 10:15 Ashley SPIN 5:30pm – 6:15 Angela MAT PILATES 7pm – 8 Ashley	NO AM CLASS 20/20/20 7pm – 8 Ashley SPIN 7pm – 7:45 Sandro	PFX HIIT 9:30 am-10:15 Vanessa SPIN 5:30 pm – 6:15 Sandro	SPIN 8:30am – 9:15 Angela
22	23	24	25	26	27	28
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29	30	31				
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