

**OCTOBER 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  | 4   | 5  | 6   | 7  |
| <b>PFX BOOTCAMP</b><br>9:30 am – 10:30<br>Ashley                                       | <b>RIDE N ABS</b><br>9:15 am - 10 Nadia<br><br><b>SPIN</b><br>7:15 pm -8<br>Sophia<br><br><b>BODY BLITZ</b><br>7 pm – 8 Kelly            | <b>PFX HIIT</b><br>9:15am -10:15 Ashley<br><br><b>BELOW THE BELT</b><br>7pm – 8 Stephanie<br><br><b>PFX BAGS N PADS</b><br>7pm – 8 Joe   | <b>SPIN</b><br>6am – 6:45 Kelly<br><br><b>RIDE N ABS</b><br>9:15 am –10:15 Maria<br><br><b>PEDAL N PUMP</b><br>6:30 pm – 7:30 Ashley<br><br><b>PFX BARRE</b><br>7:35 pm – 8:35 Sophia | <b>NO AM CLASS</b><br><br><b>STRETCH, BEND &amp; EXTEND</b><br>7pm –8 Ashley<br><br><b>PFX BAGS N PADS</b><br>7pm – 8 Joe  | <b>MUSCLE MIX</b><br>9:15am -10:15<br>Maria | <b>RIDE N ABS</b><br>8:45am – 9:45<br>Sophia       |
| 8  | 9  | 10   | 11  | 12   | 13  | 14   |
| <b>VINYASA YOGA</b><br>9:30 am – 10:45<br>Sophia<br><br><b>OPEN FROM</b><br>8 am – 2pm | <b>THANKSGIVING DAY</b><br><b>STUDIO CLOSED</b><br><br> | <b>PFX HIIT</b><br>9:15am -10:15 Ashley<br><br><b>BELOW THE BELT</b><br>7pm – 8 Stephanie<br><br><b>PFX BAGS N PADS</b><br>7pm – 8 Joe   | <b>SPIN</b><br>6am – 6:45 Kelly<br><br><b>RIDE N ABS</b><br>9:15 am –10:15 Maria<br><br><b>PEDAL N PUMP</b><br>6:30 pm – 7:30 Ashley<br><br><b>PFX BARRE</b><br>7:35 pm – 8:50 Sophia | <b>NO AM CLASS</b><br><br>20/20/20<br>7pm –8 Ashley<br><br><b>PFX BAGS N PADS</b><br>7pm – 8 Joe                           | <b>MUSCLE MIX</b><br>9:15am -10:15<br>Maria | <b>RIDE N ABS</b><br>8:45 am – 9:45<br>Ashley      |
| 15   | 16   | 17   | 18  | 19   | 20  | 21   |
| <b>VINYASA YOGA</b><br>9:30 am – 10:45<br>Sophia                                       | <b>RIDE N ABS</b><br>9:15 am - 10 Nadia<br><br><b>SPIN</b><br>7:15-8 pm Sophia<br><br><b>BODY BLITZ</b><br>7 pm – 8 Kelly                | <b>PFX HIIT</b><br>9:15am -10:15 Ashley<br><br><b>BELOW THE BELT</b><br>7pm –8 Stephanie<br><br><b>PFX BAGS N PADS</b><br>7pm – 8 Joe  | <b>SPIN</b><br>6am – 6:45 Kelly<br><br><b>SPIN</b><br>9:15 am –10 Nadia<br><br><b>PEDAL N PUMP</b><br>6:30 pm – 7:30 Ashley<br><br><b>PFX BARRE</b><br>7:35 pm – 8:35 Sophia          | <b>NO AM CLASS</b><br><br><b>STRETCH , BEND &amp; EXTEND</b><br>7pm –8 Ashley<br><br><b>PFX BAGS N PADS</b><br>7pm – 8 Joe | <b>PFX BARRE</b><br>9:15am -10:15           | <b>RIDE N ABS</b><br>8:45am – 9:45<br>Ashley       |
| 22   | 23   | 24   | 25  | 26   | 27  | 28   |
| <b>PFX BOOTCAMP</b><br>9:30 am – 10:30<br>Ashley                                       | <b>RIDE N ABS</b><br>9:15 am - 10 Nadia<br><br><b>SPIN</b><br>7:15 pm -8<br>Sophia<br><br><b>BODY BLITZ</b><br>7 pm – 8 Kelly            | <b>PFX HIIT</b><br>9:15am -10:15<br>Stephanie<br><br><b>BELOW THE BELT</b><br>7pm – 8 Stephanie  | <b>SPIN</b><br>6am – 6:45 Kelly<br><br><b>SPIN</b><br>9:15 am –10 Nadia<br><br><b>RESTORATIVE YOGA</b><br>7:35 pm – 8:35 Sophia   | <b>NO AM CLASS</b><br><br>20/20/20<br>7pm – 8 Stephanie  | <b>PFX BARRE</b><br>9:15am -10:15           | <b>“WAY BACK” SPIN</b><br>8:45 am – 9:45<br>Sophia |
| 29   | 30   | 31   |   |  |   |  |
| <b>VINYASA YOGA</b><br>9:30 am – 10:45<br>Sophia                                       | <b>RIDE N ABS</b><br>9:15 am - 10 Nadia<br><br><b>SPIN</b><br>7:15-8 pm Nadine<br><br><b>BODY BLITZ</b><br>7 pm – 8 Kelly                | <b>PFX HIIT</b><br>9:15am -10:15<br>Stephanie<br><br><b>PFX HIIT</b><br>7pm – 8 Stephanie<br><br> |   |  |   |  |