



**JANUARY 2018**  
**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
	<b>HAPPY NEW YEAR!</b>  <b>STUDIO CLOSED</b>	PFX HIIT 9:15am -10:15 <b>Ashley</b>  BELOW THE BELT 7pm – 8 <b>Debbie</b>	SPIN 6am – 6:45 <b>Shirley</b>  RIDE N ABS 9:15 am –10:15 <b>Nadia</b>  PEDAL PUMP N STRETCH 6:30pm – 8 <b>Ashley</b>	NO AM CLASS  20/20/20 7pm –8 <b>Ashley</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Sophia</b>  MUSCLE MIX 9:15am -10:15 <b>Debbie</b>	RIDE N ABS 8:45am – 9:45 <b>Ashley</b>  PFX BAGS N PADS 9:30 am – 10:30 <b>Joe</b>
7	8	9	10	11	12	13
VINYASA YOGA 9:30 am – 10:45 <b>Sophia</b>	RIDE N ABS 9:15 am - 10 <b>Nadia</b>  SPIN 7:15 pm -8 <b>Shirley</b>  BARRE CONCEPT 7 pm – 8 <b>Sophia</b>	PFX HIIT 9:15am -10:15 <b>Ashley</b>  BELOW THE BELT 7pm – 8 <b>Debbie</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Sophia</b>  RIDE N ABS 9:15 am –10:15 <b>Nadia</b>  PEDAL PUMP N STRETCH 6:30pm – 8 <b>Ashley</b>	NO AM CLASS  STRETCH , BEND & EXTEND 7pm –8 <b>Ashley</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Shirley</b>  MUSCLE MIX 9:15am -10:15 <b>Debbie</b>	RIDE N ABS 8:45 am – 9:45 <b>Ashley</b>  PFX BAGS N PADS 9:30 am – 10:30 <b>Joe</b>
14	15	16	17	18	19	20
PFX BOOTCAMP 9:30 am – 10:30 <b>Ashley</b>	RIDE N ABS 9:15 am - 10 <b>Nadia</b>  SPIN 7:15-8 pm <b>Shirley</b>  BARRE CONCEPT 7 pm – 8 <b>Sophia</b>	PFX HIIT 9:15am -10:15 <b>Ashley</b>  BELOW THE BELT 7pm –8 <b>Debbie</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Sophia</b>  RIDE N ABS 9:15 am –10: <b>Nadia</b>  PEDAL PUMP N STRETCH 6:30pm – 8 <b>Ashley</b>	NO AM CLASS  20/20/20 7pm –8 <b>Ashley</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Shirley</b>  MUSCLE MIX 9:15am -10:15 <b>Debbie</b>	RIDE N ABS 8:45am – 9:45 <b>Sophia</b>  PFX BAGS N PADS 9:30 am– 10:30 <b>Joe</b>
21	22	23	24	25	26	27
VINYASA YOGA 9:30 am – 10:45 <b>Sophia</b>	RIDE N ABS 9:15 am - 10 <b>Nadia</b>  SPIN 7:15 pm -8 <b>Shirley</b>  PFX HIIT 7 pm – 8 <b>Michelle</b>	PFX HIIT 9:15am -10:15 <b>Debbie</b>  BELOW THE BELT 7pm – 8 <b>Debbie</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Sophia</b>  RIDE N ABS 9:15 am –10 <b>Nadia</b>  CORE-A-LATES 6:45pm – 7:45 <b>Michelle</b>	NO AM CLASS  STRETCH , BEND & EXTEND 7pm – 8 <b>Michelle</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Shirley</b>  MUSCLE MIX 9:15am -10:15 <b>Michelle</b>	RIDE N ABS 8:45 am – 9:45 <b>Sophia</b>  PFX BAGS N PADS 9:30 am – 10:30 <b>Joe</b>
28	29	30	31			
VINYASA YOGA 9:30 am – 10:45 <b>Sophia</b>	RIDE N ABS 9:15 am - 10 <b>Nadia</b>  SPIN 7:15 pm -8 <b>Shirley</b>  YOGA 7 pm – 8 <b>Sophia</b>	PFX HIIT 9:15am -10:15 <b>Ashley</b>  BELOW THE BELT 7pm –8 <b>Debbie</b>  PFX BAGS N PADS 7pm – 8 <b>Joe</b>	SPIN 6am – 6:45 <b>Sophia</b>  RIDE N ABS 9:15 am –10 <b>Nadia</b>  PEDAL , PUMP N STRETCH 6:30pm – 8 <b>Ashley</b>			