



FEBRUARY 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
				NO AM CLASS 20/20/20 7pm –8 Ashley PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia MUSCLE MIX 9:15am -10:15 Debbie	RIDE N ABS 8:45am – 9:45 Ashley PFX BAGS N PADS 9:30 am – 10:30 Joe
4	5	6	7	8	9	10
STRETCH , BEND & EXTEND 9:30 am – 10:45 Ashley	RIDE N ABS 9:15 am - 10:15 Nadia SPIN 7:15 pm -8 Shirley BODY BLITZ 7 pm – 8 Stephanie	PFX HIIT 9:15am -10:15 Ashley BELOW THE BELT 7pm – 8 Debbie PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia RIDE N ABS 9:15 am –10:15 Nadia PEDAL PUMP N STRETCH 6:30pm – 8 Ashley	NO AM CLASS STRETCH , BEND & EXTEND 7pm –8 Ashley PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Shirley MUSCLE MIX 9:15am -10:15 Debbie	RIDE N ABS 8:45 am – 9:45 Sophia PFX BAGS N PADS 9:30 am – 10:30 Joe
11	12	13	14	15	16	17
VINYASA YOGA 9:30 am – 10:45 Sophia	RIDE N ABS 9:15 am - 10:15 Nadia SPIN 7:15-8 pm Shirley BODY BLITZ 7 pm – 8 Stephanie	PFX HIIT 9:15am -10:15 Ashley BELOW THE BELT 7pm –8 Stephanie PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia RIDE N ABS 9:15 am –10:15 Nadia PEDAL PUMP N STRETCH 6:30pm – 8 Ashley	NO AM CLASS 20/20/20 7pm –8 Ashley PFX BAGS N PADS 7pm – 8 Joe	MUSCLE MIX 9:15am -10:15 Stephanie	RIDE N ABS 8:45am – 9:45 Sophia PFX BAGS N PADS 9:30 am – 10:30 Joe
18	19	20	21	22	23	24
VINYASA YOGA 9:30 am – 10:45 Sophia	RIDE N ABS 9:15 am - 10:15 Nadia FAMILY DAY OPEN FROM 8AM – 3PM	PFX HIIT 9:15am -10:15 Ashley BELOW THE BELT 7pm – 8 Stephanie PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia RIDE N ABS 9:15 am –10:15 Nadia PEDAL PUMP N STRETCH 6:30pm – 8 Ashley	NO AM CLASS STRETCH , BEND & EXTEND 7pm – 8 Ashley PFX BAGS N PADS 7pm – 8 Joe	MUSCLE MIX 9:15am -10:15 Stephanie	RIDE N ABS 8:45 am – 9:45 Ashley PFX BAGS N PADS 9:30 am – 10:30 Joe
25	26	27	28			
STRETCH , BEND & EXTEND 9:30 am – 10:45 Ashley	RIDE N ABS 9:15 am - 10:15 Nadia SPIN 7:15 pm -8 Shirley BODY BLITZ 7 pm – 8 Stephanie	PFX HIIT 9:15am -10:15 Ashley BELOW THE BELT 7pm – 8 Stephanie	SPIN 6am – 6:45 Sophia RIDE N ABS 9:15 am –10:15 Nadia PEDAL PUMP N STRETCH 6:30pm – 8 Ashley			