



**APRIL 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	7
<b>HAPPY EASTER! STUDIO CLOSED</b>	RIDE N ABS 9:15 am - 10:15 <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>Shirley</b>  RIDE N ABS 9:15 am -10:15 <b>Nadia</b>  PEDAL N PUMP 7pm - 8 <b>Ashley</b>	NO AM CLASS  POWER FLOW YOGA 7pm - 8:15 <b>Sophia</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>Sophia</b>
	VINYASA YOGA 9:30 am - 10:45 <b>Sophia</b>	RIDE N ABS 9:15 am - 10:15 <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>Shirley</b>  RIDE N ABS 9:15 am -10:15 <b>Nadia</b>  PEDAL N PUMP 7pm - 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>Sophia</b>  MUSCLE MIX 9:15am -10:15 <b>Debbie</b>
VINYASA YOGA 9:30 am - 10:45 <b>Sophia</b>	RIDE N ABS 9:15 am - 10:15 <b>Nadia</b>  SPIN 7:15-8 pm <b>Shirley</b>  BODY BLITZ 7 pm - 8 <b>Stephanie</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 N PUMP 7pm - 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>
STRETCH , BEND & EXTEND 9:30 am - 10:45 <b>Ashley</b>	RIDE N ABS 9:15 am - 10:15 <b>Nadia</b>  SPIN 7:15-8 pm <b>Shirley</b>  BODY BLITZ 7 pm - 8 <b>Stephanie</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>Shirley</b>  RIDE N ABS 9:15 am -10:15 <b>Nadia</b>  PEDAL N PUMP 7pm - 8 <b>Ashley</b>	NO AM CLASS  POWER FLOW YOGA 7pm - 8:15 <b>Juliana</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>Shirley</b>
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