



MAY 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
		PFX HIIT 9:15am -10:15 Ashley BELOW THE BELT 7pm – 8 Stephanie PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Ashley RIDE N ABS 9:15 am –10:15 Ashley BARRE CONCEPT 7pm – 8 Sophia	NO AM CLASS PEDAL N PUMP 7pm – 8 Ashley PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia MUSCLE MIX 9:15am -10:15 Dom	RIDE N ABS 8:45am – 9:45 Ashley
6	7	8	9	10	11	12
STRETCH BEND & EXTEND 9:30 am – 10:45 Ashley	RIDE N ABS 9:15 am - 10:15 Ashley SPIN 7:15 pm -8 Sophia BURN N FIRM 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 Shirley RIDE N ABS 9:15 am –10:15 Nadia BARRE CONCEPT 7pm – 8 Sophia	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 Dom	RIDE N ABS 8:45 am – 9:45 Sophia
13	14	15	16	17	18	19
POWER FLOW YOGA 9:30 am – 10:45 Sophia HAPPY MOTHER'S DAY!	RIDE N ABS 9:15 am - 10:15 Nadia SPIN 7:15-8 pm Shirley BURN N FIRM 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 Shirley RIDE N ABS 9:15 am –10:15 Nadia BARRE CONCEPT 7pm – 8 Sophia	NO AM CLASS STRETCH BEND N EXTEND 7pm –8 Ashley PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia MUSCLE MIX 9:15am -10:15 Dom	RIDE N ABS 8:45am – 9:45 Ashley
20	21	22	23	24	25	26
POWER FLOW YOGA 9:30 am – 10:45 Sophia	HAPPY VICTORIA DAY STUDIO CLOSED	PFX HIIT 9:15am -10:15 Ashley BELOW THE BELT 7pm – 8 Stephanie PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Shirley RIDE N ABS 9:15 am –10:15 Nadia BARRE CONCEPT 7pm – 8 Sophia	NO AM CLASS PEDAL N PUMP 7pm – 8 Ashley PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia MUSCLE MIX 9:15am -10:15 Dom	RIDE N ABS 8:45 am – 9:45 Sophia
27	28	29	30	31		
STRETCH BEND & EXTEND 9:30 am – 10:45 Ashley	RIDE N ABS 9:15 am - 10:15 Nadia SPIN 7:15 pm -8 Shirley BURN N FIRM 7pm -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 Shirley RIDE N ABS 9:15 am –10:15 Nadia BARRE CONCEPT 7pm – 8 TBD	NO AM CLASS 20/20/20 7pm – 8 Ashley PFX BAGS N PADS 7pm – 8 Joe		