



**MAY 2019**  
**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
			TREAD N SHED 9:30 am – 10:15 Ashley  PEDAL N PUMP 6:30pm – 7:30 Shirley  HATHA YOGA 7:45pm - 9 Juliana	NO AM CLASS   PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia  MUSCLE N IRON 9:30 am– 10:-15 Vanessa	NEW TIME ONLY FOR TODAY  SPIN 9:30 am – 10:15 Lisa
5	6	7	8	9	10	11
YIN YOGA 9:30 am – 10:45 Kim	NO AM CLASS   SPIN 7:15-8 pm Vanessa	PFX HIIT 9:30 am – 10:15 Ashley  BELOW THE BELT 7pm – 8 Eva  PFX BAGS N PADS 7pm – 8 Joe	TREAD N SHED 9:30 am – 10:15 Ashley  PEDAL N PUMP 6:30pm – 7:30 Vanessa	NO AM CLASS  20/20/20 7pm – 8 Ashley  PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia  NEW DAY & TIME HATHA YOGA 7pm -8:15 Sheetal	SPIN 8:30 am – 9:15 Sophia
12	13	14	15	16	17	18
YIN YOGA 9:30 am – 10:45 Kim	NO AM CLASS  SPIN 7:15-8 pm Vanessa  ONE MORE REP 7 pm – 8 Shirley	PFX HIIT 9:30 am – 10:15 Ashley  BELOW THE BELT 7pm –8 Eva  PFX BAGS N PADS 7pm – 8 Joe	TREAD N SHED 9:30 am–10:15 Ashley  PEDAL N PUMP 6:30pm – 7:30 Shirley	NO AM CLASS  PFX HIIT 7pm – 8 Ashley  PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia  MUSCLE N IRON 9:30 am– 10:-15 Vanessa  NEW DAY & TIME HATHA YOGA 7pm –8:15 Sheetal	SPIN 8:30am – 9:15 Shirley
19	20	21	22	23	24	25
MAT PILATES 9:30 am – 10:45 Ashley	VICTORIA DAY STUDIO CLOSED	PFX HIIT 9:30 am – 10:15 Ashley  BELOW THE BELT 7pm – 8 Eva  PFX BAGS N PADS 7pm – 8 Joe	TREAD N SHED 9:30 am – 10:15 Ashley  PEDAL N PUMP 6:30pm – 7:30 Shirley	NO AM CLASS  PFX HIIT 7pm – 8 Ashley  PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia  MUSCLE N IRON 9:30 am– 10:-15 Vanessa  NEW DAY & TIME HATHA YOGA 7pm -8:15 Sheetal	SPIN 8:30 am – 9:15 Sophia
26	27	28	29	30	31	
MAT PILATES 9:30 am – 10:45 Ashley	NO AM CLASS  SPIN 7:15-8 pm Vanessa  ONE MORE REP 7pm – 8 Shirley	PFX HIIT 9:30 am – 10:15 Ashley  BELOW THE BELT 7pm – 8 Eva  PFX BAGS N PADS 7pm – 8 Joe	TREAD N SHED 9:30 am – 10:15 Ashley  PEDAL N PUMP 6:30pm – 7:30 Shirley	NO AM CLASS  PFX HIIT 7pm – 8 Ashley  PFX BAGS N PADS 7pm – 8 Joe	SPIN 6am – 6:45 Sophia  MUSCLE N IRON 9:30 am– 10:-15 Vanessa  NEW DAY & TIME HATHA YOGA 7pm -8:15 Juliana	