



**JUNE 2011
GROUP FITNESS SCHEDULE**

STUDIO HOURS:
 Mon – Thu: 5 am – 12am
 Friday: 5 am – 10pm
 Sat: 6 am– 6 pm
 Sun: 8am – 5
 905-303-9900

* We reserve the right to change the schedule without notice
 www.purefxfitness.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			RIDE N' ABS 9:15 am – 10:15 Maria SPIN: 7:15 pm – 8 Maria Zumba® 7:15 pm – 8:05 Sophia CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6am – 6:45 Debbie ABS/LEGS/ BUTT BLAST 9:15 am 10:15 Vanessa KICK BOX 7 pm – 8 Joe SPIN 7:15 pm – 8 Debra POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9:15 am – 10:15 Zoe CORE CRUNCH N TONE 10:20 am- 11:20 Zoe	CARDIO SALSA 8:55am – 9:55 Mayo RIDE N' ABS 9:10 am –10:10 Sophia MUSCLE MIX 10:15 am – 11:15 Sophia
5	6	7	8	9	10	11
SPIN 10am – 10:45 Sophia PFX BOOTCAMP 11:15 am – 12:15pm Antonette	SPIN 9:15 am – 10:15 Zoe Zumba® 10:30 am– 11:20 Sophia SPIN 7:15 pm – 8 Sophia BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	CARDIO KICK N SCULPT 9:15 am – 10:15 Zoe KICK BOX 7pm -8 Joe SPIN ALL TERRAIN 7 pm- 8 Maria PILATES 8:15 pm -9:15 Debbie	RIDE N' ABS 9:15 am – 10:15 Zoe SPIN: 7:15 pm – 8 Maria Zumba® 7:15 pm – 8:05 Sophia CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6am – 6:45 Debbie ABS/LEGS/ BUTT BLAST 9:15 am 10:15 Vanessa KICK BOX 7 pm – 8 Joe SPIN 7:15 pm – 8 Debra SALSA CALIENTE 8:15pm – 9:15 Mayo	SPIN 9:15 am – 10:15 Zoe CORE CRUNCH N TONE 10:20 am- 11:20 Zoe	CARDIO SALSA 8:55am – 9:55 Mayo RIDE N' ABS 9:10 am –10:10 Sophia KICK BOX 10:15 am – 11:15 Joe
12	13	14	15	16	17	18
SPIN 10am – 10:45 Sophia PFX BOOTCAMP 11:15 am – 12:15pm Filander	SPIN 9:15 am – 10:15 Zoe Zumba® 10:30 am– 11:20 Sophia SPIN 7:15 pm – 8 Sophia BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	CARDIO KICK N SCULPT 9:15 am – 10:15 Zoe KICK BOX 7 pm – 8 Joe SPIN ALL TERRAIN 7 pm- 8 Maria PILATES 8:15 pm – 9:15 Debbie	RIDE N' ABS 9:15 am – 10:15 Maria SPIN: 7:15 pm – 8 Maria Zumba® 7:15 pm – 8:05 Sophia CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6am – 6:45 Debbie ABS/LEGS/ BUTT BLAST 9:15 am 10:15 Vanessa KICK BOX 7 pm – 8 Joe SPIN 7:15 pm – 8 Debra POWER FLOW YOGA 8:15 pm -9:15 Zoe	SPIN 9:15 am – 10:15 Zoe CORE CRUNCH N TONE 10:20 am- 11:20 Zoe	CARDIO SALSA 8:55am – 9:55 Mayo RIDE N' ABS 9:10 am –10:10 Sophia MUSCLE MIX 10:15 am – 11:15 Sophia
19	20	21	22	23	24	25
SPIN 10am – 10:45 Sophia PFX BOOTCAMP 11:15 am – 12:15pm Antonette	SPIN 9:15 am – 10:15 Zoe Zumba® 10:30 am– 11:20 Sophia SPIN 7:15 pm – 8 Sophia BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	CARDIO KICK N SCULPT Zoe 9:15 am – 10:15 KICK BOX 7 pm – 8 Joe SPIN ALL TERRAIN 7 pm –8 Steve PILATES 8:15 pm – 9:15 Debbie	RIDE N' ABS 9:15 am – 10:15 Zoe SPIN: 7:15 pm – 8:15 Steve Zumba® 7:15pm – 8:05 Sophia CORE-E-LATES 8:15 pm- 9:15 Zoe	SPIN 6am – 6:45 Debbie ABS/LEGS/ BUTT BLAST 9:15 am-10:15 Vanessa KICK BOX 7 pm – 8 Joe SPIN 7:15 pm – 8 Debra SALSA CALIENTE 8:15pm – 9:15 Mayo	SPIN 9:15 am – 10:15 Zoe CORE CRUNCH N TONE 10:20 am- 11:20 Zoe	CARDIO SALSA 8:55am – 9:55 Mayo RIDE N' ABS 9:10 am –10:10 Sophia KICK BOX 10:15 am – 11:15 Joe
26	27	28	29	30	JULY 1ST	SAT JULY 2 SUN JULY 3
SPIN 10am – 10:45 Sophia PFX BOOTCAMP 11:15 am – 12:15pm Filander	Zumba® 9:15 am – 10:05 Sophia SPIN 7:15 pm – 8 Steve BODY BLITZ 7pm – 8 Sophia POWER FLOW YOGA 8:15pm – 9:15 Lisa	Zumba® 9:15 am – 10:15 Sophia KICK BOX 7 pm – 8 Joe SPIN ALL TERRAIN 7 pm-8 Steve PILATES 8:15 pm – 9:15 Debbie	RIDE N' ABS 9:15 am – 10:15 Debbie SPIN: 7:15 pm – 8:15 Steve Zumba® 7:15pm – 8:05 Sophia	SPIN 6am – 6:45 Debbie ABS/LEGS/ BUTT BLAST 9:15 am 10:15 Vanessa KICK BOX 7 pm – 8 Joe SPIN 7:15 pm-8 Debra SALSA CALIENTE 8:15 pm -9:15 Mayo	HAPPY CANADA DAY! STUDIO CLOSED	
						SAT JULY 2 ND OPEN 6 am – 2 pm CARDIO SALSA 8:55am – 9:55 Mayo MUSCLE MIX 10:15 am – 11:15 Sophia ----- SUNDAY JULY 3 RD NO CLASSES OPEN 8 am – 2 pm

