



MARCH 2010 GROUP FITNESS SCHEDULE

STUDIO HOURS:

Mon – Thu: 5 am – 12am
 Friday: 5 am – 10 pm
 Sat: 6 am – 6 pm Sun: 8am – 5
 T: 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	5	6
	SPIN 9:15 am – 10 Diana SPIN 7:15 pm – 8 Debra BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Debra KICK BOX 7 pm – 8 Joe ADDITIONAL CLASS KICK BOX 8:15 pm – 9:15 Joe SPIN 8:15 pm – 9 Debra	SPIN 9:15 am – 10 Diana SPIN: 7:15 pm – 8 Sophia TKO: 7 pm -8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	BOOT CAMP 9:15 am -10:15 Diana BURN & FIRM 7 pm – 8 Sophia POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9:15 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9 am – 9:45 Sophia MUSCLE MIX 10 am – 11 Sophia
7	8	9	10	11	12	13
RIDE N' ABS 10am – 11 Sophia PFX BOOTCAMP 11 am – 12pm Filander	SPIN 9:15 am – 10 Zoe SPIN 7:15 pm – 8 Sophia BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Debra KICK BOX 7 pm – 8 Joe ADDITIONAL CLASS KICK BOX 8:15 pm – 9:15 Joe SPIN 8:15 pm – 9 Maria	SPIN 9:15 am – 10 Diana SPIN: 7:15 pm – 8 Maria TKO: 7 pm -8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	BOOTCAMP 9:15 am -10:15 Diana BURN & FIRM 7 pm – 8 Debbie B. POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9:15 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9:30am –10:15 Maria KICK BOX 10:30 am – 11:30 Joe
14	15	16	17	18	19	20
RIDE N' ABS 10am – 11 Maria PFX BOOTCAMP 11 am – 12pm Filander	SPIN 9:15 am – 10 Diana SPIN 7:15 pm – 8 Debra BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	KICK BOX 7 pm – 8 Joe ADDITIONAL CLASS KICK BOX 8:15 pm – 9:15 Joe SPIN 8:15 pm – 9 Maria	SPIN 9:15 am – 10 Diana SPIN: 7:15 pm – 8 Maria TKO: 7 pm-8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Debra BOOT CAMP 9:15 am -10:15 Diana BURN & FIRM 7 pm – 8 Debbie B. POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9:15 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9:30am –10:15 Maria KICK BOX 10:30 am – 11:30 Joe
21	22	23	24	25	26	27
RIDE N' ABS 10 am – 11 Debra PFX BOOTCAMP 11 am – 12pm Filander	SPIN 9:15 am – 10 Zoe SPIN 7:15 pm – 8 Debra BODY BLITZ 7pm – 8 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Debra KICK BOX 7 pm – 8 Joe SPIN 8:15 pm – 9 Maria	SPIN 9:15 am – 10 Diana SPIN: 7:15 pm – 8 Maria TKO: 7 pm-8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	BOOT CAMP 9:15 am -10:15 Diana BURN & FIRM 7 pm – 8 Debbie B. POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9:15 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9:30 am -10:15 Maria KICK BOX 10:30 am – 11:30 Joe
28	29	30	31			
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