



**JULY 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
				HAPPY CANADA DAY! STUDIO CLOSED	SPIN 9 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	SPIN 9:00 am –9:45 Sophia MUSCLE MIX 10 am – 11 Sophia
4	5	6	7	8	9	10
RIDE N' ABS 10am – 11 Sophia PFX BOOTCAMP 11:10 am – 12:10pm Filander	SPIN 9 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 CARDIO SCULPT 9 am – 10 Zoe KICK BOX 7 pm – 8 Joe SPIN 7:30 pm- 8:15 Maria	RIDE N' ABS 9:15 am – 10:15 Lea SPIN: 7:15 pm – 8 Maria KICK BOX 7 pm -8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Sophia ABS/LEGS/ BUTT BLAST 9:15 am -10:15 Lea BURN & FIRM 7 pm – 8 Sophia POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9:00 am –9:45 Lea MUSCLE MIX 10 am – 11 Lea
11	12	13	14	15	16	17
RIDE N' ABS 10am – 11 Sophia PFX BOOTCAMP 11:10 am – 12:10pm Filander	SPIN 9 am – 10 Zoe SPIN 7:15 pm – 8 Sophia BODY BLITZ 7:00 pm – 8:00 Zoe POWER FLOW YOGA 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Debra CARDIO SCULPT 9 am – 10 Zoe KICK BOX 7 pm – 8 Joe SPIN 7:30 pm – 8:15 Maria	RIDE N' ABS 9:15 am – 10:15 Lea SPIN: 7:15 pm – 8 Maria KICKBOX 7 pm -8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Sophia BOOT CAMP 9:15 am -10:15 Lea BOOT CAMP 7 pm – 8 Filander POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9:00 am –9:45 Sophia MUSCLE MIX 10 am – 11 Sophia
18	19	20	21	22	23	24
RIDE N' ABS 10 am – 11 Sophia PFX BOOTCAMP 11:10 am – 12:10pm Filander	SPIN 9 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 CARDIO SCULPT 9 am – 10 Zoe KICK BOX 7 pm – 8 Joe SPIN 7:30 pm– 8:15 Maria	RIDE N' ABS 9:15 am – 10:15 Lea SPIN: 7:15 pm – 8 Maria KICKBOX 7 pm -8 Joe CORE-A-LATES 8:15 pm- 9:15 Zoe	SPIN 6 am – 6:45 Sophia ABS/LEGS/BUTT BLAST 9:15 am -10:15 Lea BURN & FIRM 7 pm – 8 Sophia POWER FLOW YOGA 8:15pm – 9:15 Zoe	SPIN 9 am – 10 Zoe CORE-A-LATES 10:15 am- 11:15 Zoe	CARDIO SALSA 9 am -10 Mayo SPIN 9:00 am –9:45 Sophia MUSCLE MIX 10 am – 11 Sophia
25	26	27	28	29	30	31
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