

CLASS SCHEDULE

MONDAY

Pure HIIT with Larysa

7:00am - 7:45am

Cardio Interval with Manuel

12:00pm - 12:45pm

Hot Flow Yoga with Emma

6:00pm - 7:00pm

Abs, Butt & Legs with Taylor

6:30pm - 7:25pm

Pilates Mat with Saira

7:30pm - 8:30pm

TUESDAY

Pure Bootcamp with Manuel

12:00pm - 12:45pm

Pilates Barre Fusion with Saira

5:30pm - 6:30pm

Kinstretch with Darryl

6:00pm - 6:55pm

Pure Cycle with Mia

6:00pm - 6:45pm

Pure Strength with Caitlin

6:30pm - 7:25pm

Cardio Intervals with Manuel

7:30pm - 8:30pm

WEDNESDAY

Pure HIIT with Lori

7:00am - 7:45am

Abs, Butt and Legs with Rory

12:00pm - 12:45pm

Flow Yoga with Ian

5:30pm - 6:30pm

Barre with Lora

6:30pm - 7:25pm

THURSDAY

Kinyoga with Darryl

7:30am - 8:30am

Pure Bootcamp with Manuel

12:00pm - 12:45pm

Flow Yoga with Lori

5:30pm - 6:30pm

Cardio Core with Manuel

7:30pm - 8:30pm

FRIDAY

Pure Strength with Maryann

12:00pm - 12:45pm

Pure Cycle with Lori

5:30pm - 6:15pm

SATURDAY

Pure Power HIIT with Lori

10:00am - 10:45am

Kinstretch with Darryl

11:00am - 12:00pm

SUNDAY

Pure Bootcamp with Lori

11:00am - 11:45am

Hot Flow Yoga with Lori

12:00pm - 1:00pm