

# CLASS SCHEDULE

## MONDAY

**Pure HIIT with Lori**

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 Laura**

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