

NO. 1 IN INNOVATIVE CLASSES

<p><b>STUDIO HOURS:</b> Mon - Wed 5:30am - 8:30pm Thur 5:30am - 8:00pm Fri 5:30am - 7:00pm Sat 6:00am - 12:00pm Sun 8:00am - 12:00pm</p> <p><b>CHILD MINDING HOURS:</b> Mon, Tues, &amp; Thurs 8:30am - 11:30am Wed &amp; Fri 8:00am - 11:30am Sat 7:00am - 11:00am \$2.00 per child</p>	<p><b>MINDSET MASTERY WORKSHOP</b> 6:30pm 12th June Come and learn how to lose limits, love life, live your dreams. Growing onto your true potential requires understanding why you do what you do and how you can transcend your own patterns/habits to create lasting change. <i>FREE</i> workshop!</p> <p><b>JULY 12 DAY REBOOT</b> Only \$97 for the all recipes, movement and mindset you need to Re-Energise, Re-New and Re-Boot your body and life. See reception or visit the website for more information!</p> <p><b>PURE FORM PILATES INSTRUCTOR COURSES</b> Matwork Level 1 August   Reformer Level 1 September Email caitlin@purehealthclubs.com.au for more information!</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Open GRC <b>B</b> S5 Poornima	5:30am GRC Core <b>B</b> S5 Caitlin	5:30am GRC Open <b>B</b> S5 Fran	5:30am GRC Booty Blitz <b>B</b> S5 Matt F	5:30am Morphosis S1 Zoe	6:15am GRC Plus <b>B</b> S5 Julius/Jayde	
5:30am Pure HIIT S1 Zoe	5:30am Pure Box S1 Fran	5:30am Pure Ride <b>B</b> S2 Caitlin	5:30am Pure Suspension <b>B</b> S1 Lucy	5:30am Open GRC <b>B</b> S5 Emma	6:45am Pure HIIT S1 Caitlin	
6:05am Booty Blitz <b>B</b> S1 Zoe	6:05am GRC HIIT <b>B</b> S5 Caitlin	6:05am Pure Bounce <b>B</b> S1 Caitlin	6:05am Open GRC <b>B</b> S5 Matt F	6:20am Function Fit <b>B</b> S1 Caitlin	7:05am GRC Core <b>B</b> S5 Julius/Jayde	
	6:20am Pure Sculpt S1 Fran	6:15am Principle Pilates S1 Fran	6:20am Pure HIIT S1 Lucy	6:20am GRC Plus <b>B</b> S5 Emma	7:20am Pure Suspension <b>B</b> S1 Caitlin	
					7:40am Open GRC <b>B</b> S5 Julius/Jayde	8:15am Pure Ride <b>B</b> S2 Zoe
8:45am Barre <b>B</b> S3 Lucy		8:00am Booty Blitz <b>B</b> S1 Caitlin		8:00am Open GRC <b>B</b> S5 Zoe	7:40am Pure Barre <b>B</b> S3 Lydia	8:20am Hatha Yoga S4 Tanya
8:45am Open GRC <b>B</b> S5 Rach	8:45am Open GRC <b>B</b> S5 Tanya	8:30am GRC Plus <b>B</b> S5 Lydia	8:35am Open GRC <b>B</b> S5 Fran	8:15am Pure HIIT S1 Lucy	8:10am Pure Sculpt S1 Caitlin	8:20am Open GRC <b>B</b> S5 Sally
9:00am NIA/Dance/Flow S1 Sophie	8:45am Pure Morphosis S1 Marina	8:55am Pure HIIT S1 Caitlin	8:40am Pure Bounce <b>B</b> S1 Lucy	8:50am Pure Suspension <b>B</b> S1 Matt F	8:30am Open GRC <b>B</b> S5 Julius/Jayde	8:50am Pure HIIT S1 Zoe
9:35am Pure Ride <b>B</b> S2 Lucy	9:35am Open GRC <b>B</b> S5 Tanya	9:20am Open GRC <b>B</b> S5 Lydia	9:15am Hatha Yoga S4 Rachel	8:50am Open GRC <b>B</b> S5 Zoe	8:30am Principle Pilates S4 Lydia	9:10am Open GRC <b>B</b> S5 Sally
9:35am Open GRC <b>B</b> S5 Rach	9:35am Pure Sculpt S1 Marina	9:30am Pure Flow S1 Caitlin	9:25am Open GRC <b>B</b> S5 Fran	9:40am Open GRC <b>B</b> S5 Matt F	9:00am Pure Bounce <b>B</b> S1 Caitlin	9:25am Pure Sculpt S1 Zoe
10:00am Hatha Yoga S4 Tanya	10:30am Om Beats S4 Tanya	S1 Caitlin	9:30am Pure Box S1 Matt F	9:40am Pure Sculpt <b>B</b> S1 Zoe	9:20am Pure Ride <b>B</b> S2 Julius/Jayde	9:30am Yin Yoga S4 Tanya
			10:25am Deep Relaxation S4 Rachel	10:30am Yin Plus S4 Tanya	9:20am Dynamic Yoga S4 Carla	9:30am Pregnancy Pilates S3 Kylie
	12:15pm Functional Fit C&W Caitlin				9:20am GRC Booty Blitz <b>B</b> S5 Lydia	
	1:05pm Open GRC <b>B</b> S5 Caitlin				10:00am Fundamentals & Tech GRC <b>B</b> S5 Lydia	
			12:30pm Functional Fit C&W Caitlin			
4:30pm Open GRC <b>B</b> S5 Kim	4:30pm Open GRC <b>B</b> S5 Fran	4:30pm Open GRC <b>B</b> S5 Racheal				
5:00pm Pure Sculpt S1 Lucy	4:45pm Pure HIIT S1 Lucy	5:15pm Hatha Yoga S4 Tanya		5:15pm Pure Sculpt S1 Lucy		3:30pm Yin Yoga S4 Carla S/Nikki
5:40pm GRC Plus <b>B</b> S5 Kim	5:20pm Bounce HIIT <b>B</b> S1 Lucy	5:35pm GRC Core <b>B</b> S5 Racheal	4:30pm Open GRC <b>B</b> S5 Fran	6:10pm Zumba S1 Laura		
5:40pm Principle Pilates S4 Poornima	5:20pm GRC Booty Blitz <b>B</b> S5 Fran	5:20pm Pure Box S1 Fran	5:20pm Pure Ride <b>B</b> S2 Zoe	6:10pm Open GRC <b>B</b> S5 Lucy		
5:50pm Pure Morphosis S1 Lucy	5:20pm Power Yoga S4 Manas	5:20pm Pure Barre <b>B</b> S3 Katie M	5:20pm GRC HIIT <b>B</b> S5 Fran			
6:00pm Pure Ride <b>B</b> S2 Matt F	5:55pm Pure Sculpt S1 Lucy	6:10pm Principle Pilates S1 Katie M	5:30pm Dynamic Yoga S4 Carla			
6:30pm Hatha Yoga S4 Debby	6:00pm Pure Ride <b>B</b> S2 Fran	6:10pm Open GRC <b>B</b> S5 Racheal	5:55pm Fithoop <b>B</b> S1 Zoe			
6:30pm Pure Barre <b>B</b> S3 Poornima	6:00pm Open GRC <b>B</b> S5 Julius	6:10pm Pure Ride <b>B</b> S2 Fran	6:10pm Open GRC <b>B</b> S5 Fran			
6:30pm Open GRC <b>B</b> S5 Kim	6:50pm Pure Release S1 Julius	6:20pm Yin Yoga S4 Tanya	6:35pm Yin Yoga S4 Carla			
6:40pm Pure Bounce <b>B</b> S1 Lucy	6:45pm Booty Blitz <b>B</b> S1 Lucy	7:00pm Suspension <b>B</b> S1 Fran	6:30pm Pure Bounce <b>B</b> S1 Zoe			
					SYMBOL	MEANING
					<b>B</b>	Booking required
					S1	Studio 1 (front room)
					S2	Studio 2 (ride room)
					S3	Studio 3 (barre room)
					S4	Studio 4 (yoga room)
					S5	Studio 5 (reformer room)