

NO. 1 IN INNOVATIVE CLASSES

STUDIO HOURS:
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

CHILD MINDING HOURS:
Mon, Tues, & Thurs
8:30am - 11:30am
Wed & Fri 8:00am - 11:30am
Sat 7:00am - 11:00am
\$2.00 per child

ENTITY IDENTITY BUSINESS BOOTCAMP
20th - 22nd July - See admin for more info!

ALKALINITY & HYDRATION WORKSHOP
25th July: 6:30-8:30pm. Learn what to eat & drink for enhanced vitality and wellbeing. Informative and transformative

SUPERHERO DANCE PARTY
27th July: 7:30 - 9:30pm Join us for a fun night of dancing and movement! Come dressed as your favourite Superhero!

PURE FORM PILATES INSTRUCTOR COURSES
Matwork Level 1 - August | Reformer Level 1 - September. Email: caitlin@purehealthclubs.com.au for more information!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am Open GRC B S5 Poornima	5:30am GRC Core B S5 Poornima	5:30am GRC Open B S5 Jackie	5:30am GRC Booty Blitz B S5 Matt F	5:30am Morphosis S1 Zoe	6:15am GRC Plus B S5 Julius/Jayde	
5:30am Pure HIIT S1 Zoe	5:30am Pure Box S1 Caitlin	5:30am Pure Ride B S2 Caitlin	5:30am Pure Suspension B S1 Lucy	5:30am Open GRC B S5 Julius	6:45am Pure HIIT S1 Caitlin	
6:05am Booty Blitz B S1 Zoe	6:05am GRC HIIT B S5 Poornima	6:05am Pure Bounce B S1 Caitlin	6:05am Open GRC B S5 Matt F	6:20am Function Fit B S1 Caitlin	7:05am GRC Core B S5 Julius/Jayde	
	6:20am Pure Sculpt S1 Caitlin	6:15am Principle Pilates S4 Jackie	6:20am Pure HIIT S1 Lucy		7:20am Pure Box S1 Caitlin	
					7:40am Open GRC B S5 Julius/Jayde	8:15am Pure Ride B S2 Zoe
8:45am Barre B S3 Lucy		8:00am Booty Blitz B S1 Caitlin		8:00am Open GRC B S5 Zoe	7:40am Pure Barre B S3 Lydia	8:20am Hatha Yoga S4 Tanya
8:45am Open GRC B S5 Rach	8:45am Open GRC B S5 Tanya	8:30am GRC Plus B S5 Lydia	8:35am Open GRC B S5 Kelly-Grace	8:15am Pure HIIT S1 Lucy	8:10am Pure Sculpt S1 Caitlin	8:20am Open GRC 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 S1 Lucy	8:50am Suspension B S1 Matt F	8:30am Open GRC B S5 Julius/Jayde	8:50am Pure Sculpt S1 Zoe
9:35am Pure Ride B S2 Lucy	9:35am Open GRC B S5 Tanya	9:20am Open GRC B S5 Lydia	9:15am Hatha Yoga S4 Rachel	8:50am Open GRC B S5 Zoe	8:30am Principle Pilates S4 Lydia	9:00am Pregnancy Pilates S3 Kylie
9:35am Open GRC B S5 Rach	9:35am Pure Sculpt S1 Marina	9:30am Pure Flow S1 Caitlin	9:30am Open GRC B S5 Kelly-Grace	9:40am Open GRC B S5 Matt F	9:00am Pure Bounce B S1 Caitlin	9:10am Open GRC B S5 Sally
10:00am Hatha Yoga S4 Tanya	10:30am Om Beats S4 Tanya	10:20am Principle Pilates S1 Caitlin	9:30am Pure Box S1 Matt F	9:40am Pure Sculpt S1 Zoe	9:20am Pure Ride 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	9:40am Pure HIIT S1 Zoe
	12:15pm Functional Fit C&W Caitlin				9:20am GRC Booty Blitz B S5 Lydia	
	1:05pm Open GRC B S5 Caitlin				10:00am Fundamentals & Tech GRC B S5 Lydia	
			12:30pm Functional Fit C&W Caitlin			
4:30pm Open GRC B S5 Kim	4:30pm Open GRC B S5 Katie M					
5:00pm Pure Sculpt S1 Lucy	4:45pm Pure HIIT S1 Lucy					3:30pm Yin Yoga S4 Carla S/Nikki
5:40pm GRC Plus B S5 Kim	5:20pm Bounce HIIT B S1 Lucy	4:30pm Open GRC B S5 Racheal				
5:40pm Principle Pilates S4 Poornima	5:20pm GRC Booty Blitz B S5 Katie M	5:15pm Hatha Yoga S4 Tanya		5:15pm Pure Sculpt S1 Lucy		
5:50pm Pure Morphosis S1 Lucy	5:20pm Power Yoga S4 Manas	5:35pm GRC Core B S5 Racheal	4:30pm Open GRC B S5 Zoe	6:10pm Zumba S1 Laura		
6:00pm Pure Ride B S2 Matt F	5:55pm Pure Sculpt S1 Lucy	5:20pm Pure Box S1 Caitlin	5:20pm Pure Ride B S2 Zoe	6:10pm Open GRC B S5 Lucy		
6:30pm Hatha Yoga S4 Debby	6:00pm Pure Barre B S3 Katie M	6:10pm Open GRC B S5 Racheal	5:30pm Dynamic Yoga S4 Carla		SYMBOL	MEANING
6:30pm Pure Barre B S3 Poornima	6:00pm Open GRC B S5 Julius	6:10pm Suspension B S2 Caitlin	5:55pm GRC Booty Blitz B S5 Zoe		B	Booking required
6:30pm Open GRC B S5 Kim	6:50pm Pure Release S4 Julius	6:20pm Yin Yoga S4 Tanya	6:35pm Yin Yoga S4 Carla		S1	Studio 1 (front room)
6:40pm Pure Bounce B S1 Lucy	6:45pm Booty Blitz B S1 Lucy	7:00pm Power Pilates S1 Racheal	6:30pm Pure Bounce B S1 Zoe		S2	Studio 2 (ride room)
					S3	Studio 3 (barre room)
					S4	Studio 4 (yoga room)
					S5	Studio 5 (reformer room)